

# How to Read a Nutrition Facts Label

- Eat the right foods to help improve your blood glucose (blood sugar) levels, blood pressure, and cholesterol levels
- Learn how to read a food label to make better food choices
- Below is a sample label for macaroni and cheese

**1. Serving Size:** This section tells you how to measure a serving and how many servings are in each package. For this product, the serving size is 1 cup and there are 2 servings in the package. The rest of the values on the food label are based on 1 serving.

**4. Fat, Cholesterol & Sodium:** These nutrients are the ones Americans tend to overeat. You should try to limit these nutrients. Try to choose food items with less than 20% Daily Value per serving of these nutrients.

**5. Vitamins & Minerals:** This section contains information about vitamins and minerals. Your goal should be to eat 100% of the % Daily Value to get enough of the nutrients your body needs. Most Americans do not get enough of these nutrients. Eating enough of these nutrients can improve your health and reduce the risk of some diseases.

Product labels may also include a list of ingredients on the bottom. Knowing the ingredients can help if you have food allergies or need to avoid certain ingredients. The ingredients are listed in order by weight. This means that the first item listed in the ingredients makes up the largest part of the food.

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings Per Container: 2	
Amount Per Serving	
Calories: 250	Cal from Fat: 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbs 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**2. Calories:** These are the calories in 1 serving, and the number of those calories that come from fat. There are 250 calories in 1 serving of this mac and cheese. 110 calories are from fat. If you eat the whole box, you are eating 500 calories. Eating too many calories each day can cause obesity.

**3. % Daily Value:** These are the recommended amounts for key nutrients for a sample 2,000 calorie daily diet. You might need a little more or a little less, depending on how many calories you need each day. These values can help you compare nutrient content between 2 food items, or tell you if a food item is high or low in a certain nutrient.

U.S. Food and Drug Administration. How to understand and use the nutrition facts label. <http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm>. Updated 4/9/2015. Accessed July, 2015.