

Nutrition Label Facts ▶

Tips for a Healthy Diet

Nutrition facts on food labels can help you watch your weight and limit fat, sugar, or salt. Use it to boost good nutrients and avoid empty calories. Take this tip sheet with you when you go shopping.

Serving Sizes

- Serving sizes can be deceptive. Many food items look like 1 serving but may actually contain 2 to 4 servings.
- All nutrition facts, including calories, are per serving. Multiply the **servings per container** to discover what you consume if you eat the entire food item.

Fats, Cholesterol & Sodium

- Too much sodium, cholesterol, saturated fat, and trans fat can lead to heart disease.
- Look for foods with 5% or less of the Daily Value for sodium, cholesterol, saturated fat, and trans fat per serving.
- Saturated fat and trans fat raise cholesterol. Avoid foods that boast no cholesterol but are high in saturated or trans fat.

Carbohydrates

- Look for healthy carbs that provide at least 2 or 3 grams of fiber per serving.
- High-fiber carbs include fruits, vegetables, and whole-grain breads, crackers, pasta, and cereals
- Avoid carbs loaded with added sugars. Check the first 3 or 4 words on the ingredients list for words that end in "ose." Those are added sugars

Vitamins, Potassium, Calcium & Iron

- Most people don't get enough vitamin A, C, calcium, potassium, and iron
- Many foods are fortified with vitamins and minerals. Check labels for the amounts.
- Dairy foods are excellent sources of calcium, vitamin D, and potassium. Dietary Guidelines recommend 3 servings a day.

Nutrition Facts

Serving Size
Servings Per Container

Calories

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber

Sugars

Protein

Vitamin A

Vitamin C

Calcium

Iron

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

		Calories	2,000	2,500
Total Fat	less than	65g	80g	
Sat fat	less than	20g	25g	
Cholesterol	less than	300mg	300mg	
Sodium	less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories

High calories per serving is often a sign that the food has a lot of fat or added sugars.

- 400 calories per serving is a high-calorie food.
- 100 calories per serving is moderate.
- 40 calories per serving is a low-calorie food.

% Daily Value

- DV represents the amount of each nutrient you need if you eat 2,000 calories a day.
- 20% or more is high. Look for high DVs for fiber, vitamins A and C, potassium, calcium, and iron.
- 5% or less is low. Look for low DVs for fat, saturated fat, cholesterol, and sodium.

Protein

- Look for lean protein, such as fish, skinless chicken breast, low-fat dairy, eggs, pork tenderloin, soy, and lean beef.
- Plant foods like beans, nuts and whole grains also have protein. They are healthy protein alternatives to meat.
- Eating low-fat protein at every meal may help you feel full and is good for health.