## **Understanding Nutrition Labels**

# CARBS CARBS X

### Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.

#### Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/ cans often contain more than 1 serving.

#### % Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2000 calories a day.

- 5% or less = low in that nutrient
- 20% or higher = high in that nutrient

#### Total fat

A low-fat food contains 3 grams of fat or less per serving.

Look for items that have **little saturated fat** and **no trans fat.** 

#### Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- Total sugars: Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

#### **Nutrition Facts**

8 servings per container

Serving size 1/2 cup (55 g)

Amount per serving

**Calories** 

**Protein** 3 q

**23**(

% Daily Value\*

70 Daily Value		
Tota	10%	
Sa	turated Fat 1 g	5%
Tro	ans Fat 0 g	
<b>Cholesterol</b> 0 mg		
Sod	<b>7%</b>	
Tota	al Carbohydrate 37 g	13%
Die	etary Fiber 4 g	14%
To	tal Sugars 12 g	
I	ncludes 10 g Added Sugars	20%

Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

<sup>\*</sup> The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



information.