

Learn from the Nutrition Facts label



Let the label do the work

Almost all foods that come in packages have a Nutrition Facts label. It provides key details about **calories and nutrients** to help you make informed choices that fit your weight-management goals.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* 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.

Start here

What you eat is important. But so is how much you eat. You'll see that a **serving size** of this food is $\frac{2}{3}$ cup. The label shows the **amount of nutrients and calories** you would get for every $\frac{2}{3}$ cup eaten. There are 8 servings in this container. If you eat the whole container, you will be getting 8 times the calories, fat, and other nutrients shown on the label! Keep in mind that the serving size is not a recommendation of how much to eat.

Calories

When trying to maintain or lose weight, the number of calories you eat counts. Be sure to discuss your specific calorie goals with your healthcare professional. Use this line to see if this food option fits into your plan. Read Nutrition Facts labels to **compare calorie counts** of foods to find the lowest-calorie options.

Total fat

This line tells you how much fat is in a serving of this food. It includes fats that are good for you, such as mono- and polyunsaturated fats. It also includes fats that are not good for you, such as:

- Saturated fats
- Trans fats

Eating lower-fat foods more often may help with calorie control and keeping a healthy body weight. A low-fat food contains 3 grams or less of fat per serving.

Sodium

Many people eat more sodium than they need. Consuming no more than 2300 milligrams (1 teaspoon) a day is recommended for most adults. When we think of sodium sources, we often think of table salt. But many of the foods we eat contain sodium. Reading the label can help you compare the amount of sodium in foods so that you can **choose lower-sodium options**.

The label is based on a **2,000-calorie** daily meal plan, but everyone's needs are different. Be sure to discuss your **specific calorie goals** with your healthcare professional.

Learn from the Nutrition Facts label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* 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.	

Total carbohydrate

Carbohydrates provide calories, or “energy,” for the body. “Total carbohydrate” includes sugar, starches, and fiber.

Fiber

Fiber is the part of plant-based foods that the body does not digest. Dietary fiber can help **reduce your calorie intake**. Adults should aim to eat 25 to 30 grams of fiber a day.

Sugars

Total sugars include added sugar that is added during processing (like in soda or cookies). This is different from sugar that is found in food naturally (like in fruit). Try to **avoid foods with added sugar**.

Protein

Protein helps with important body functions, nourishes the body (including muscles), and helps you feel full longer. Most people don’t get enough protein. Try to **vary your protein routine** with meat, poultry, eggs, seafood, nuts, beans, and soy products.

% Daily Value

The % Daily Value (% DV) shows how much of each nutrient is in a serving of food. As a general guide:

- **5% DV or less** means that the food is low in that nutrient
- **20% DV or more** means that the food is high in that nutrient

Aim for a nutrient balance:

- **Keep these low:** saturated fats, trans fats, cholesterol, added sugars, sodium, and alcoholic beverages
- **Get enough of these:** potassium, fiber, vitamins A, D, and C, calcium, and iron*

*Calcium, potassium, dietary fiber, and vitamin D are considered dietary components of public health concern for the general U.S. population because low intakes are associated with health concerns. If a healthy dietary pattern is consumed, amounts of calcium, potassium, and dietary fiber can meet recommendations.



Novo Nordisk is a registered trademark of Novo Nordisk A/S.
© 2025 Novo Nordisk Printed in the U.S.A. US250B00585 August 2025

