

Nutrition Labels 101

Nutrition Labels can be great tools when deciding which foods to purchase, however, the numbers and labels can also be confusing.

Here is a simple guide based on a 2000 calorie diet, to help you tackle the world of nutrition information. Bring this chart with you while you shop to help decode the products on the shelves. Not only will you better understand which nutrients are in foods, but you will also be able to determine how much of that food to be eating.

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

1. Start here. Note the size of a single serving and how many servings are in the package.

2. Check total calories per serving. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

3. Limit these nutrients. Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 15 grams of saturated fat, less than two grams of trans fat, less than 1500 mg of sodium, and less than 300 mg cholesterol (for a 2,000 calorie diet).

4. Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

5. Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.