

Label Reading 101

Start here. What is the serving size for the food you're about to eat?

Check the total calories per serving.

Limit these nutrients.

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

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 3g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 6%	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.	

Labeling Terms: What do they Mean?

TERM	MEANING
Healthy	Food must be low in fat, with limited cholesterol and sodium
Free	Food may only contain tiny amounts of the ingredient in each serving
Low Sodium	Food can have a maximum of 140 milligrams of sodium per serving
Low Cholesterol	Food can have a maximum of 20 milligrams of cholesterol and 2 grams of saturated fat per serving
Low Fat	Food can have a maximum of 3 grams of fat per serving
Low Calorie	Food can have a maximum of 40 calories per serving
Reduced	Food must have 25% less of the ingredient than a serving of the regular version
Light	Food must have 50% less fat or 1/3 fewer calories than the regular version