

THE NUTRITION LABEL

Easy Ways to Use the Label For Healthy Eating

For more information, please contact:
Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Nutritional Products, Labeling, and Dietary Supplements



Key Label Questions

- How many calories am I actually eating? Is that number low, medium, or high?
- What nutrients should I limit or get enough of and why?
- What's relevant about the footnote?
- How can I tell if a %DV is high or low?
- Which nutrients have no %DV?

The Nutrition Facts Label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<hr/>	
Amount Per Serving	
Calories 250	Calories from Fat 110
<hr/>	
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** →

Serving Size 1 cup (228g)
Servings Per Container 2

2 **Check Calories**

Amount Per Serving
Calories 250 Calories from Fat 110

3 **Limit these
Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

4 **Get Enough
of these
Nutrients**

5 **Footnote**

* 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

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**Quick Guide
to % DV**

• 5% or less
is Low

• 20% or more
is High

One or Two Servings?

	Single Serving	% DV	Double Serving	% DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250		500	
Calories from Fat	110		220	
Total Fat	12g	18%	24g	36%
<i>Trans</i> Fat	1.5g		3g	
Saturated Fat	3g	15%	6g	30%
Cholesterol	30mg	10%	60mg	20%
Sodium	470mg	20%	940mg	40%
Total Carbohydrate	31g	10%	62g	20%
Dietary Fiber	0g	0%	0g	0%
Sugars	5g		10g	
Protein	5g		10g	
Vitamin A		4%		8%
Vitamin C		2%		4%
Calcium		20%		40%
Iron		4%		8%

General Guide to Calories*

40 Calories is **low**

100 Calories is **moderate**

400 Calories is **high**

*Based on a 2,000-calorie diet.

Limit These Nutrients

The goal is to stay
BELOW 100% of the
DV for each of these
nutrients per day.

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Get Enough of These Nutrients

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Try to get 100% of the DV for each of these nutrients each day.

The Footnote

* 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

Examples of DVs versus %DVs*

Nutrient	DV	%DV	Goal
Total Fat	65g	= 100%DV	Less than
Sat Fat	20g	= 100%DV	Less than
Cholesterol	300mg	= 100%DV	Less than
Sodium	2400mg	= 100%DV	Less than
Total Carbohydrate	300g	= 100%DV	At least
Dietary Fiber	25g	= 100%DV	At least

The Percent Daily Value

The % DV is based on 100% of the daily value for **each** nutrient.

% Daily Value*	
Total Fat	18%
Saturated Fat	15%
Trans Fat	
Cholesterol	10%
Sodium	20%
Total Carbs	10%
Dietary Fiber	0%
Sugars	
Protein	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

What's High? What's Low?

Do You Have to Calculate to Know?

Footnote

	% Daily Value*
Total Fat 12g	?
Saturated Fat 3g	?
Trans Fat 1.5g	
Cholesterol 30mg	?
Sodium 470mg	?

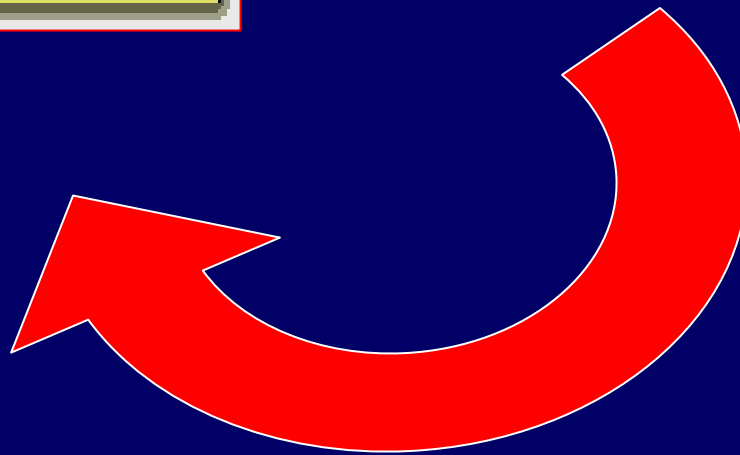
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

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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

The % DV Does the Math for You

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Look here for highs
and lows!



Limit these
Nutrients

Get Enough
of these
Nutrients

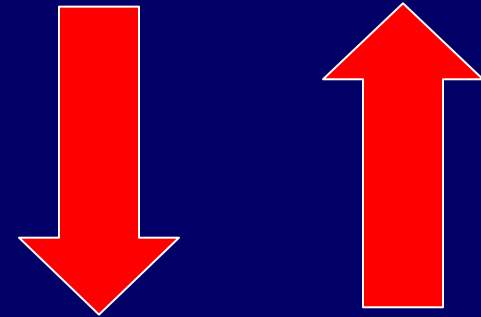
Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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
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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

Quick Guide to % DV

5% DV or less is Low



20% DV or more is High

No % Daily Value

- *Trans* Fat
- Sugars
- Protein

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Read the Nutrition Facts Label For Total Sugars

Plain Yogurt

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 % • Vitamin C 4 %	
Calcium 45 % • Iron 0 %	

* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Fruit Yogurt

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 % • Vitamin C 4 %	
Calcium 35 % • Iron 0 %	

* Percent Daily Value is based on a 2000 calorie diet. Your Daily Values may be higher or lower based on your calorie needs.

Look at the Ingredient List for Added Sugars

Plain Yogurt

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND *L. ACIDOPHILUS* CULTURES

Calcium In Your Daily Diet

Nutrition Facts

Serving Size 1 cup (236ml)
Servings Per Container 1

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol Less than 5mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 9g **17%**

Vitamin A 10% • Vitamin C 4%

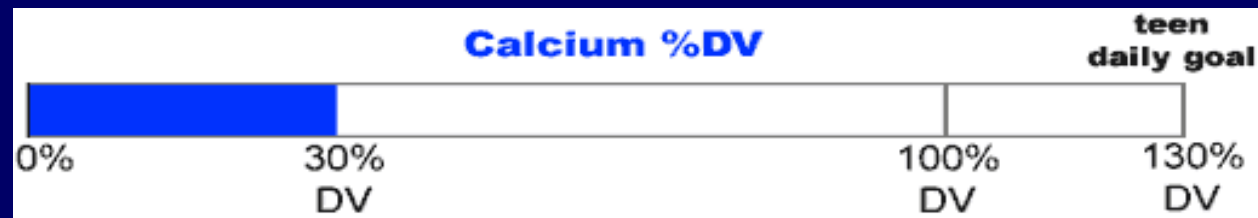
Calcium **30%** • Iron 0% • Vitamin D 25%

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



Calcium

Calcium Calculation



100% DV = 1,000mg calcium

30% DV = 300mg calcium = one cup of milk

130% DV = 1,300mg calcium = daily goal for teens



For More Information

www.cfsan.fda.gov/~dms/lab-gen.html

- **Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels**
(also available in Spanish)
- **Test Yourself! Test Your Food Label Knowledge!**
- **Food Label Education Video**
- **Calcium! Do You Get It?**