

Decoding Nutrition Labels



Source: Center for Food Safety and Applied Nutrition. "How to Understand and Use the Nutrition Facts Label." *U.S. Food and Drug Administration, FDA*, 11 Mar. 2020, <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label#PercentDailyValue>.

1. Serving Information →

2. Calories →

3. Nutrients →

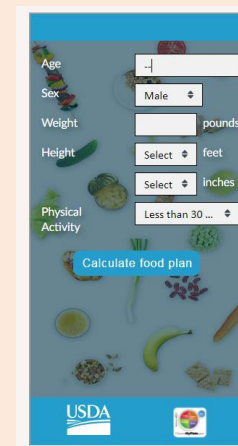
Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

* 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.

Helpful Points

- ▶ Saturated fat, sodium and added sugars are nutrients that, generally speaking, one should consume *less of* due to their negative impact on health.
 - As a rule of thumb, a $\geq 20\%$ daily value (%DV) or more is considered **high**.
- ▶ Dietary fiber, vitamin D, calcium, iron and potassium are nutrients that one should, generally speaking, target getting *more of* for their positive impact on health.
 - As a rule of thumb, a $\leq 5\%$ daily value (%DV) is considered **low**.
- ▶ Check a product's assertion that it is "light" or has "low/high" or "reduced/more" anything using % daily value comparisons. Starting with equivalent serving size measurements, compare the %DV from one product to the other to ascertain a claim's legitimacy.
- ▶ Calories = energy. To calculate the number of calories (energy) you need based on your age, sex, height, weight and physical activity level, visit <https://www.myplate.gov/myplate-plan>.



Please note: Information contained in this notice is general and not intended to replace a physician's recommendations regarding your personal needs.