

HOW TO READ A Nutrition Label

SERVING SIZE

The nutrient and calorie amounts are based on one serving size, so if you eat more than the amount of one serving, you'll need to adjust the totals accordingly. Serving sizes reflect typical consumption, not recommended portions.

NUTRIENTS

The label highlights nutrients you should *limit*, like saturated and trans fats, sodium, and added sugars, as these can increase the risk of health issues. Note that added sugars are listed separately from natural sugars, which are naturally present in food and beverages like milk and fruit.

The label also lists nutrients you should consume *more*, such as fiber, calcium, potassium, vitamin D, and iron. These support digestion, lower blood cholesterol levels, and reduce the risk of high blood pressure.

Note that you may need less or more than 2,000 calories and therefore different nutrient limits.

Learn more on:

- Nutrient limits for a 2,000-calorie diet:
<https://shorturl.at/TNX6e>
- Your estimated calorie needs:
<https://shorturl.at/6SmWH>
- Other formats of the nutrition label:
<https://shorturl.at/1sVuv>
- FoodFight USA:
<https://foodfightusa.com/>

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 240mg	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.	
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.	

CALORIES

Calories indicate the amount of energy you get from one serving of this food. Labels are based on a 2,000-calorie diet, but individual needs vary depending on factors like age, gender, and activity level.

PERCENT DAILY VALUE (%DV)

The %DV shows how much one serving contributes to your daily nutrient needs. The numbers in this column don't add up to 100% because each %DV represents the percentage of the recommended daily intake for *that* nutrient in a serving of this food. For example, a 7%DV for sodium means you have 93% of sodium remaining before you reach the daily recommended value.

A %DV of 5% or less is generally considered low, while 20% or more is high. Use %DV to compare products and balance nutrients throughout the day based on your personal dietary goals.

INGREDIENTS

The ingredients list below the nutrition label is also important. If you see ingredients you can't pronounce or you wouldn't typically find in your kitchen, the food could be ultra-processed with industrial ingredients like high-fructose corn syrup or synthetic food dyes, which are designed to improve taste, texture, and shelf life but may have harmful effects. Instead, choose foods with simple, whole ingredients.