

**The Nutrition Facts Label
Look for It and Use It!
*Video Transcript***

Information you need to make healthy choices throughout your day

Found on packaged foods and beverages

Use it to compare foods!

Consider the Calories

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high

100 calories per serving is moderate

Check Serving Size & Servings per Container

Check the serving size on food packages.

The information listed on the Nutrition Facts Label is based on one serving.

2 servings equal calories times 2

One package may contain more than one serving!

If you eat multiple servings – you’re getting “multiples” on calories and nutrients, too.

Choose Nutrients Wisely

Nutrients To Get More Of

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

Nutrients To Get Less Of

Get less than 100% DV of these:

- Cholesterol
- Saturated Fat
- Sodium
- Sugars



- *Trans* Fat

Sugars and *Trans* Fat have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- Fruits and vegetables
- Whole grains
- Fat-free or low-fat milk/milk products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

Use %DV to Compare

When comparing nutrients in foods, use %DV.

%DV equals Percent Daily Value

%DV is based on “Daily Values” – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

5% DV or less per serving is low

20% DV or more per serving is high

Percent Daily Values on the Nutrition Facts Label are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

Calorie needs vary according to age, gender, and physical activity level. Visit www.choosemyplate.gov to find your caloric needs.

Nutrition Facts
Read the Label

www.fda.gov/nutritioneducation

