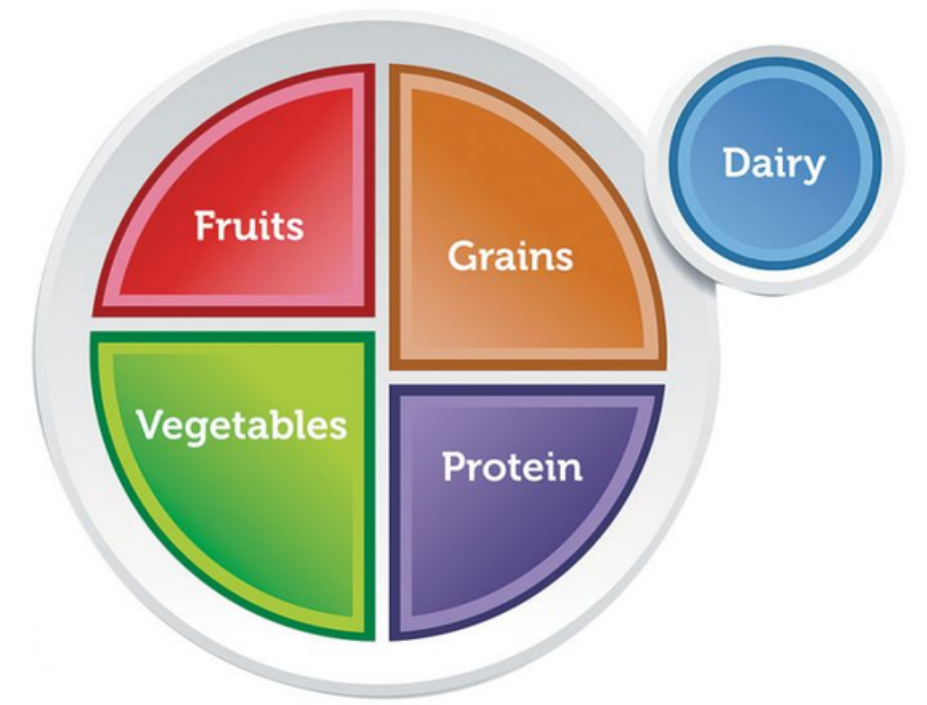


NUTRITION FACTS LABEL

How to Use It



See the Servings

Nutrition facts are based on one serving of food. **Packages can contain more than one serving!**

If you eat **two servings**, you are eating **double** the calories and nutrients.



Choose Nutrients Carefully

Nutrition Facts	
4 servings per container	
Serving size	1.5 Cup (208g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 520mg	23%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 12g	24%
Vitamin D 3mcg	15%
Calcium 270mg	20%
Iron 5mg	30%
Potassium 250mg	6%
<small>*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.</small>	

Check the Calories

Calories from food give your body the energy it needs to work and grow.

Balance the calories you eat and drink throughout the day with the energy you use up through physical activity.



% Daily Value (DV) shows how much a nutrient in one serving of food adds to your daily diet. Use % DV to get **more nutrients** like Iron, Potassium, Dietary Fiber, and Vitamin D. Use % DV to get **less nutrients** like Saturated Fat, Added Sugars, and Sodium.

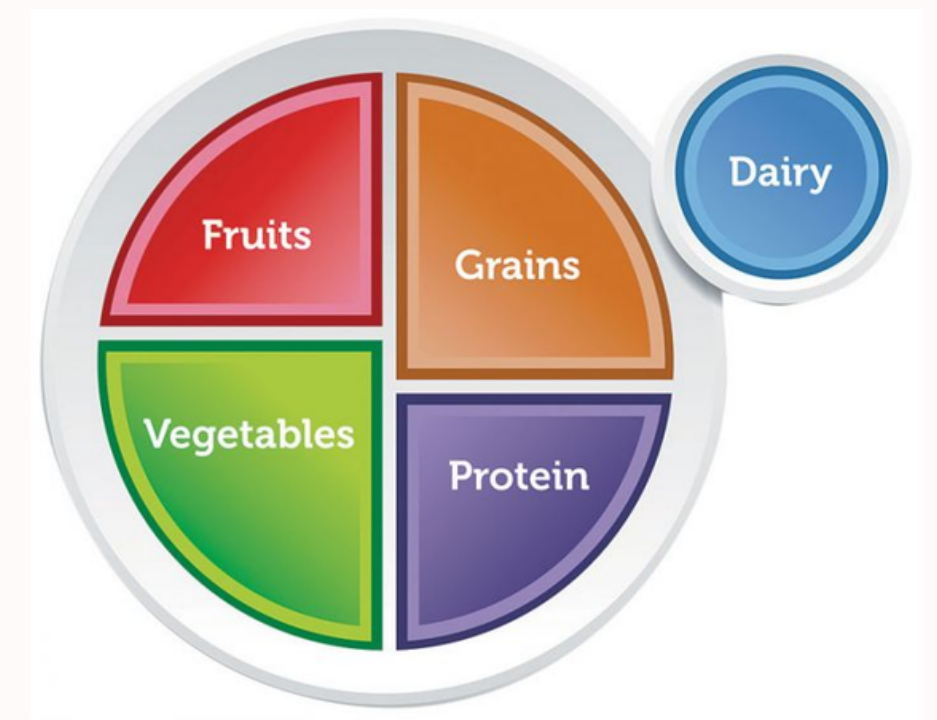


5% Daily Value or less per serving is **low**.

20% Daily Value or more per serving is considered **high**.

TEST YOUR KNOWLEDGE

There are three nutrition labels for different cereals below. Use these labels to answer the questions below.



A

Nutrition Facts	
13 servings per container	
Serving size	1 Cup (41g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 2g	4%
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 3.6mg	20%
Potassium 0mg	0%

*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.

B

Nutrition Facts	
11 servings per container	
Serving size	1 Cup (59g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 47g	17%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 9g Added Sugars	18%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 282mg	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.

C

Nutrition Facts	
8 servings per container	
Serving size	1 Cup (39g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 0mg	0%
Iron 10.8mg	60%
Potassium 0mg	0%

*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.

Answers: 1-A, 2-BAC, 3-B, 4-ABC, 5-C

Questions

1. Which label has the most servings per container?
2. Rank the % DV of sodium from lowest to highest.
3. Which label has the most fiber per package?
4. Rank the amount of grams (g) of added sugars from highest to lowest per package.
5. Which label has the most iron per serving?