

# What's on a Food Label?

## Serving Sizes

Serving sizes help people understand how much they're eating and how many servings are contained in that package of food.

How many total cups are in this package of food?  
\_\_\_\_\_

**Total Calories**  
This number tells you the amount of energy in the food, per serving.

How many calories are in this whole package of food?

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g <b>0%</b>	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g <b>12%</b>	
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	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
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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Fat Calories

This is the number of calories that come from fat. People check this because it's good to limit fat intake.

If you ate two servings from this package of food, how many calories from fat would you get? \_\_\_\_\_

### %Daily Value

The percentage means you are getting a certain percentage out of 100% for the day.

Which nutrient are you getting 5% of the Daily Value?  
\_\_\_\_\_

### What does it mean...?

**Free:** "Calorie-free" means fewer than 5 calories per serving.

**Low Fat:** 3 grams or less per serving. Is this food "low fat"?      YES    or    NO

**Low Sodium:** 140 mg or less per serving. Is this food "low sodium"?    YES    or    NO

**Low Calorie:** 40 calories or less per serving. Is this food "low calorie"?    YES    or    NO

**High:** This term can be used if the food contains 20% or more of the Daily Value for a particular nutrient in a serving.