REPLENISH
NOURISHING NEIGHBORS

MIDDLESEX
COUNTY • NJ

HOW TO READ A NUTRITION LABEL

Nutrition Facts

1 8 servings per container
Serving size **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

	% Daily Value*
Total Fat 8g	**0%**
Saturated Fat 1g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**0%**
Total Carbohydrate 37g	**0%**
Dietary Fiber 4g	**0%**
Total Sugars 12g	
Includes 10g Added Sugars	**0%**
Protein 3g	
Vitamin D 2mcg	0%
Calcium 260mg	0%
Iron 8mg	0%
Potassium 240mg	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.

1. Serving Size

Tells you the number of servings in the package and the serving size (how much people typically eat at one time) but it's not a recommendation.

The rest of the label is based on the serving size.

Example: If you have 1 cup of soup, according to the label it will have 900g of sodium. If you have 2 cups of soup, it will have 1800g of sodium. If you have ½ cup of soup, it will have 450g of sodium.

2. Calories

Tells you how much energy you get from a serving.

Balancing the calories you eat or drink with the number of calories your body uses is important to achieve or maintain a healthy weight. Too many calories per day can lead to being overweight or obese.

The general guideline is 2,000 calories a day, but it depends on age, sex, height, weight, and physical activity.

SEE REVERSE SIDE FOR MORE

3. Nutrients

A list of nutrients contained in this item, and the quantity of each in one serving.

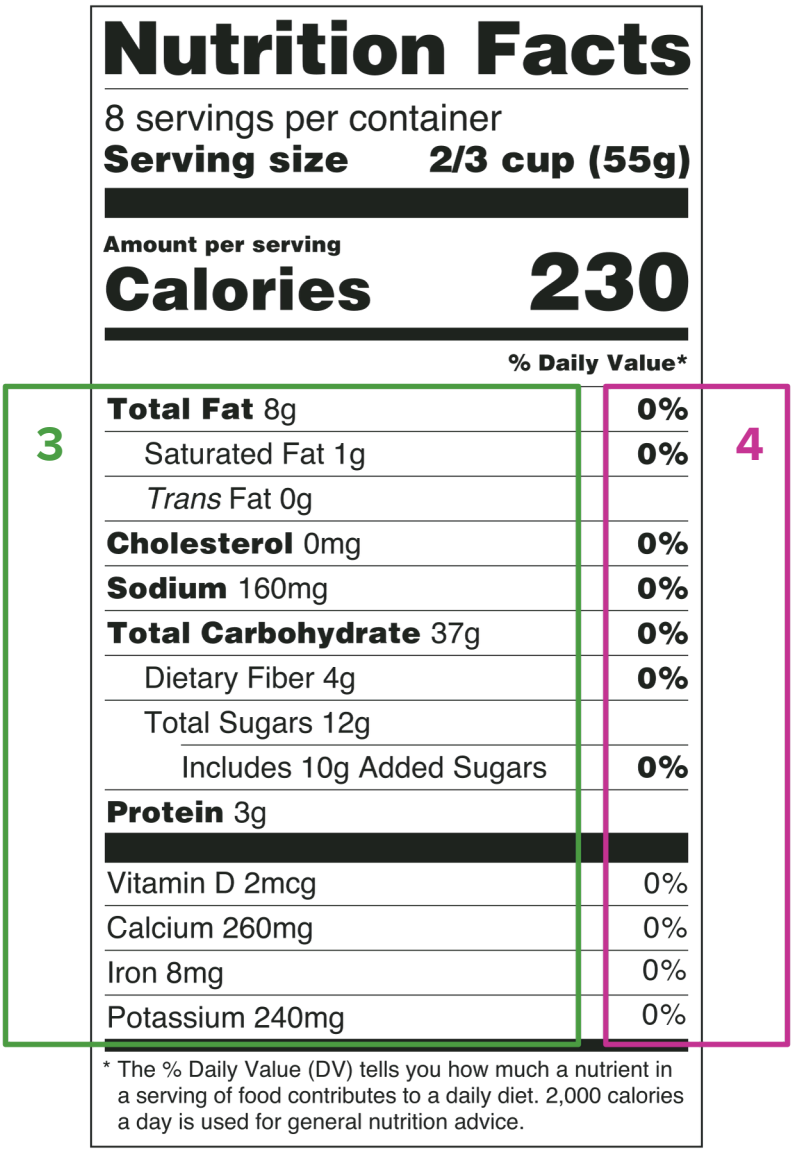
"Total Sugars" includes naturally present sugars plus any added sugars.
"Added Sugars" shows sugars added during processing.

Most Americans have too much saturated fat, sodium, and added sugars in their diet so when looking at nutrition labels try to choose foods and drinks that have lower amounts.

Fun Fact: If an item has "partially hydrogenated oil" it has less than 0.5g of trans fat that should be avoided, so if you eat multiple servings, you might have too much of it.

Most Americans do not get enough dietary fiber, vitamin D, calcium, iron, and potassium.

Fun Fact: The average adult needs at least 25–35g of fiber per day. Fiber can help with bowel movements and cholesterol levels.



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4. Daily Value (DV)

Tells you the percentage of each nutrient in one serving in relation to how much of that nutrient is recommended each day, for an average adult. It's based on someone consuming 2,000 calories per day.

To be considered low, the Daily Value must be 5% or less than a nutrient per serving.

Consumption of saturated fat, sodium, and added sugars should be kept to a minimum.

To be considered high, the Daily Value must be 20% or more than of a nutrient per serving.

Choose foods that are high in dietary fiber, vitamin D, calcium, iron, and potassium.

If a label says the Daily Value of sodium is 39%, it's contributing a lot to your diet. If you have 2 servings, you would be having 78% of the Daily Value for sodium which is over ¾ of what you should be having in a day.

Sources:
How to Understand and Use the Nutrition Facts Label | FDA
Understanding Food Nutrition Labels | American Heart Association

To learn more and locate food pantries, scan the QR code.

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