Nutrition Facts Label Guide

Oregon State University
Moore Family Center

Nutrition Facts

Servings per container 7
Serving size **1 cup (236g)**

Amount per serving
Calories **310**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 520mg	**23%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 24g	

Vitamin D 0mcg	0%	Calcium 148mg	10%
Iron 2mg	10%	Potassium 430mg	10%

* 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.

Labels (left side pointing to): Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary Fiber, Protein, Vitamin D, Iron

Labels (right side pointing to): Total Sugars, Added Sugars, Calcium, Potassium

Amount per serving
The label shows the amount of each nutrient in 1 serving size.
- Comparing serving sizes can be helpful when comparing different product labels.

Nutrients
The label shows the amount of each nutrient in grams, milligrams, or micrograms.

%DV=Percent Daily Value
It shows the percentage of the Daily Value for a nutrient, in one serving of food. The Daily Values are references for how much to consume, or not exceed in a day, based on a 2,000 calories diet. The % DV can be used as a guide to help determine if a food is high or low in a nutrient. Some nutrients do not have a Daily Value or do not list the % DV on the label.

Consume MORE of these nutrients
Most of the time, choose foods that have **at least 20%** of one or more of the following:

1. Dietary Fiber
- Listed under Total Carbohydrate
- The amount of Total Carbohydrate includes Dietary Fiber

2. Vitamins & Minerals
- Vitamin D, calcium, iron and potassium are listed on every label—other vitamins and minerals may also be listed

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(2) Vitamin D 0mcg	0%	Calcium 148mg	10%
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Consume LESS of these nutrients
Most of the time, choose foods that have **5% or less** of the following:

1. Saturated Fat
- Listed under Total Fat
- The amount of Total Fat includes Saturated Fat

2. Sodium

3. Added Sugars
- Listed under Total Sugars, which is listed under Total Carbohydrate
- The amount of Total Sugars includes Added Sugars
- The amount of Total Carbohydrate includes Total Sugars

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