

Label Reading

Serving sizes are stated in both household and metric measurements, and don't always reflect the amounts people actually eat.

Limit these nutrients to improve your heart health. Limiting saturated and Trans fat to 20 grams per day total in a 2,000 calorie diet is part of a healthy diet. Trans fat was added to the label in 2006.

Fruits, vegetables and whole grains will help you get enough of these nutrients.

The label tells the number of calories per gram of fat, carbohydrates and protein.

Nutrition Facts			
Serving Size 1/4 cup (30g)			
Servings Per Container 7 1/2			
AMOUNT PER SERVING			
Calories 130		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	5g		25%
Trans Fat	3g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	1g		
Vitamin A	0%	Vitamin C	2%
Calcium	6%	Iron	0%
* 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	2,400 mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrates	4 Protein 4

Calories from fat are shown to help consumers meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into the overall daily diet. Five percent or less is low and 20% or more is high.

The daily values on the label are based on a daily diet of 2,000 and 2,500 calories. Some are maximums, as with fat (65 grams or less); others are minimums as with carbohydrates (300 grams or more). Individuals should adjust the values to fit their own calorie intake.