

# HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL

## PAY ATTENTION TO SERVING SIZE

## CHECK CALORIES

- 40 is low
- 100 is moderate
- 400 or more is high

## LIMIT THESE NUTRIENTS

## GET ENOUGH OF THESE NUTRIENTS

## RECOMMENDED DIETARY ADVICE FOR ALL AMERICANS

Nutrition Facts	
Serving Size 1 cup (228 g)	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value*
<b>Total Fat 12 g</b>	18%
Saturated Fat 3g	15%
Trans Fat 3 g	
<b>Cholesterol 30 mg</b>	10%
<b>Sodium 470 mg</b>	20%
<b>Total Carbohydrate 31 g</b>	20%
Dietary Fiber 0 g	10%
Sugars 5 g	0%
<b>Protein 5 g</b>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

## QUICK GUIDE TO % DV

- 5% or less is low
- 20% or more is high



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE