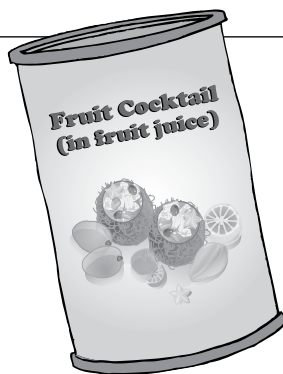


# Read the Nutrition Facts Label for Calories!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in calories. Here is a Nutrition Facts label for a can of fruit cocktail in fruit juice.

## Canned Fruit Cocktail (in fruit juice)

### Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more than one serving, you need to add nutrient amounts. For example, if you eat 1 cup of fruit cocktail, you are eating two servings. You would need to double the amount of calories on the label.

Nutrition Facts	
Serving Size ½ cup (110g)	
Servings Per Container 3.5	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein</b> 0g	
Vitamin A 4%	Vitamin C 4%
Calcium 0%	Iron 2%

### Serving Size and Number of Servings

The serving size is ½ cup. There are 3½ servings in the can.

### Calories

The amount of calories in one serving is given here.

### Sugar

The amount of sugar is shown here.

## The Choice Is Yours—Compare!

### Which one would you choose?

Canned fruits packed in syrup have added calories. Read the Nutrition Facts label to choose fruits packed in fruit juice for a lower-calorie snack or dessert.

<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%

### Canned Fruit Cocktail (in Fruit Juice)

Canned fruit cocktail in fruit juice has 60 calories in a ½-cup serving.

<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%

### Canned Fruit Cocktail (in Heavy Syrup)

Canned fruit cocktail in syrup has 100 calories in a ½-cup serving—almost twice the calories found in a ½-cup serving of canned fruit cocktail in fruit juice. This is an important difference when trying to lose weight or maintain a healthy weight.

\* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.