

# Read the Nutrition Facts Label for Sugar!



Nutrition Facts labels tell you what you need to know about choosing foods that are lower in calories and sugar. Here is a Nutrition Facts label for mango nectar. The label provides lots of useful information.

## Amount Per Serving

The nutrient amounts provided on the label are for one serving. If you have more than one serving, you will get more calories and other nutrients. For example, if you drink two servings (2 cups) of mango nectar, you will take in 460 calories and 100 grams of sugar.

## Calories and Sugar

Here are the amounts of calories and sugar in one serving.

## Mango Nectar

Nutrition Facts	
Serving Size 1	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 230	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> 15mg	1%
<b>Total Carbohydrate</b> 56g	19%
Dietary Fiber 2g	8%
<b>Sugars</b> 50g	
<b>Protein</b> 0g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 4%

## Serving Size and Number of Servings

The serving size is 1 cup. There is one serving in this container.

## Percent Daily Value

The Percent Daily Value helps you compare nutrient amounts in products. There is no Percent Daily Value for calories or sugar. Choose foods with the lowest amount of calories and sugar.

## The Choice Is Yours—Compare!

### Which one would you choose?

The unsweetened iced tea has fewer calories and no sugar. That makes the iced tea a better choice! Read Nutrition Facts labels, and choose products to keep your heart strong.

<b>Calories</b> 230	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> 15mg	1%
<b>Sugars</b> 50g	

## Mango Nectar

One cup of mango nectar has 230 calories and 50 grams of sugar.

<b>Calories</b> 5	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> 0mg	0%
<b>Sugar</b> 0g	

## Unsweetened Iced Tea

One cup of unsweetened iced tea has 5 calories and no sugar. You can learn a lot from a Nutrition Facts label.

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