

Read the Food Label for Calories!



Food labels tell you what you need to know about choosing foods that are lower in calories. Here's a food label for canned peaches in fruit juice.

Canned Peaches (in Fruit Juice)

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	0%
Sugars 9g	
Protein less than 1g	
Vitamin A 8%	Vitamin C 2%
Calcium 10%	Iron 8%

Amount Per Serving

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

Calories

The amount of calories in one serving is given here.

Serving Size and Number of Servings

The serving size is 1/2 cup. There are 4 servings in the can.

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 food label to choose fruits packed in fruit juice for a lower-calorie snack or dessert.

Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

Canned Peaches (in fruit juice)

Canned peaches in fruit juice have 50 calories in a 1/2-cup serving.

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

Canned Peaches (in heavy syrup)

Canned peaches in syrup have 100 calories in a 1/2-cup serving—twice the calories found in a 1/2-cup serving of canned peaches in fruit juice. This is an important difference when trying to lose weight or to 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.