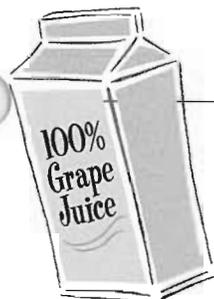


Read the Food Label for Sugar!



Food labels tell you what you need to know about choosing foods that are lower in calories and sugar. Here is a food label for 100 percent grape juice. The label provides lots of useful information.



100% Grape Juice

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 grape juice, you will take in 300 calories and 64 grams of sugar.

Calories and Sugar

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

Nutrition Facts	
Serving Size 1 cup (8 fl oz)	
Servings Per Container 15	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 170mg	5%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	
Vitamin A 0%	Vitamin C 120%
Calcium 2%	Iron 2%

Serving Size and Number of Servings

The serving size is 1 cup. There are eight servings 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 food labels, and choose products to keep your heart strong.

100% Grape Juice	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 170mg	5%
Total Carbohydrates 37mg	12%
Dietary Fiber 0g	0%
Sugars 32g	

100% Grape Juice

One cup of grape juice has 150 calories and 32 grams of sugar.

Unsweetened Iced Tea	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 0	0%
Total Carbohydrates 0mg	0%
Dietary Fiber 0g	
Sugars 0g	

Unsweetened Iced Tea

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

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