

parent tips

How to Use the Nutrition Facts Label

Most packaged foods have a Nutrition Facts label. This tip sheet shows you how to use the label to make healthy food choices.



Check serving sizes.

- Many times, a single portion can have more than one serving.
- Make sure your portions match the serving size listed on the label so you're not eating too many calories, fat, and sugars.

Look at the % Daily Value.

The Daily Value is how much of a specific nutrient you need to eat in a day. Percent (%) Daily Value tells you how much of a nutrient is in one serving of food—compared to the amount you need each day.

If a food has a Daily Value of 20% for calcium, it has 20% of the calcium you need in one day.

Compare the % Daily Value for similar foods, and choose foods that are

Lower in:	Higher in:
<ul style="list-style-type: none"> • Saturated fats • Trans fats • Cholesterol • Sodium (salt) 	<ul style="list-style-type: none"> • Potassium • Fiber • Vitamins A and C • Calcium • Iron
For these nutrients, try to choose foods with 5% Daily Value or less.	For these nutrients, try to choose foods with 20% Daily Value or more.

Make your calories count.

Choose the most healthful foods you can—those packed with vitamins, minerals, fiber, and other nutrients (in blue) but lower in calories.

Start with Serving Size

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts

Serving Size: 1 cup (228g)

Serving Per Container: 2

Amount Per Serving

Calories: 250 **Calories from Fat:** 110

% Daily Value*

Total Fat 12g **18 %**

Saturated Fat 3g **15 %**

Trans Fat 3g

Cholesterol 30mg **10 %**

Sodium 470mg **20 %**

Potassium 700mg **20 %**

Total Carbohydrate 31g **10 %**

Sugars 5g

Dietary Fiber 0g **0%**

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 20% • **Iron** 4%

*Percent 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 Carb		300g	375g	
Dietary Fiber		25g	30g	

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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