



Read the Food Label

Food labels help you choose foods that are lower in calories and sugar. Here’s a food label for sweetened tea.

1. Serving Size and Number of Servings

The serving size is 8 ounces, half the container of tea.

2. Amount Per Serving

The amounts are for one serving. But as you can see here, one serving is sometimes much less than the amount in the bottle.

3. Calories

The amount of calories in one serving is here. The amount of calories in the full bottle is twice that.

4. Carbohydrates and Sugar

The amount of carbohydrates in one serving is here. The amount of sugar is shown under carbohydrates.

Sweetened Tea

Nutrition Facts	
2 servings per container	
1 Serving size	8 fl oz (248g)
2 Amount Per Serving	70 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
4 Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 32mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Choice Is Yours – Compare!

Which one would you choose?

Sweetened tea has a lot of calories and all of the calories are from sugar. Read food labels to find low-sugar, low-calorie options.

Amount Per Serving	70
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	

Sweetened tea

A container of sweetened tea has 140 calories and 36 grams of sugar.

Amount Per Serving	0
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

Unsweetened tea

Unsweetened tea has 0 calories and no sugar. Save calories: choose unsweetened tea, diet soda, sparkling water, or water.

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