UNDERSTANDING THE FOOD LABEL



WHAT IS THE NUTRITION FACTS LABEL?

- Serving Size
- Servings per container
- Calories
- Fat
- Cholesterol
- Sodium
- Carbohydrates
- Protein
- Amounts of some nutrients
- Comparison to Daily Values

Nutrition Fa	cts
8 servings per container Serving size 2/3 cup	00.000
Amount per serving Calories 2	30
	y Value'
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a a serving of food contributes to a daily diet. 2, a day is used for general nutrition advice.	

SERVING SIZE AND CALORIES

8 servings per container Serving size 2/3 cup	(55g)
Amount per serving Calories 2	30
	Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

% DAILY VALUE

8 servings per container Serving size 2/3 cu	ıp (55g
Amount per serving	
Calories	230
% D;	ily Value
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	09
Sodium 160mg	79
Total Carbohydrate 37g	139
Dietary Fiber 4g	149
Total Sugars 12g	
Includes 10g Added Sugars	s 20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	209
Iron 8mg	459
Potassium 235mg	69

NO % DAILY VALUE

Nutrition F 8 servings per container Serving size 2/3 c		
Amount per serving Calories	230	
	Daily Value*	
Total Fat 8g	10%	
 Trans Fat 0g	5%	
Cholesterol Omg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	13%	
Dietary Fiber 4g	14%	
Total Sugars 12g		>
Includes 10g Added Sug		
Protein 3g		>
Vitamin D 2mcg	10%	
Calcium 260mg	20%	
Iron 8mg	45%	
Potassium 235mg	6%	
 The % Daily Value (DV) tells you how m a serving of food contributes to a daily d a day is used for general nutrition advice 	iet. 2,000 calories	

NUTRIENTS TO LIMIT

Serving size 2/3 cup Amount per serving Calories 2	.30	
% Dail	y Value*	
Total Fat 8g	10%	
Saturated Fat 1g	5%	١
Trans Fat 0g		/
Cholesterol Omg	0%	
Sodium 160mg	7%	
Total Carbohydrate 3/g	13%	
Dietary Fiber 4g	14%	
Total Sugars 12g		
Includes 10g Added Sugars	20%	
Protein 3g		
Vitamin D 2mcg	10%	
Calcium 260mg	20%	
Iron 8mg	45%	
Potassium 235mg	6%	

NUTRIENTS TO INCREASE

Nutrition Factors Servings per container Serving size 2/3 cup		
Amount per serving Calories 2	30	
	/ Value*	
Total Fat 8g Saturated Fat 1g	10% 5%	
Trans Fat 0g		
Cholesterol Omg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	13%	
Dietary Fiber 4g	14%	
Total Sugars 12g		
Includes 10g Added Sugars	20%	
Protein 3g		
Vitamin D 2mcg	10%	
Calcium 260mg	20%	
Iron 8mg	45%	
Potassium 235mg	6%	
Dietary Fiber 4g Total Sugars 12g Includes 10g Added Sugars Protein 3g Vitamin D 2mcg Calcium 260mg Iron 8mg	14% 20% 10% 20% 45% 6% nutrient in	>

INGREDIENT LIST

Plain Yogurt

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN.

NUTRIENT CLAIMS

Calorie terms:

- Low-calorie 40 calories or less per serving
- <u>Reduced-calorie</u> at least 25% fewer calories per serving when compared with a similar food
- Light or lite 1/3 fewer calories

Sugar terms:

- <u>Sugar-free</u> less than ½ gram sugar per serving
- <u>Reduced sugar</u> at least 25% less sugar per serving when compared with a similar food

Fat terms:

- <u>Fat-free</u>— less than ½ gram fat per serving
- Low-fat 3 grams or less per serving



