

How to Read a nutrition label

To help you make the best food choices, read the Nutrition Facts label on packaged foods. Knowing what you eat is just one of the ways you can make better decisions that can help you maintain or improve your health. Choosing healthier foods can help reduce the risk of developing some health conditions, such as high blood pressure, cardiovascular disease, osteoporosis, and anemia.

Some serving sizes have been updated on the Nutrition Facts label to reflect a typical portion consumed in one sitting.

Daily Values (DV) have been updated. In general:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron and potassium.
- Lower in saturated fat, sodium and added sugars.

Ingredient List

In addition to the Nutrition Facts label, the ingredient list is also a helpful tool. The ingredient list shows each ingredient in a food by its common or usual name. A good rule of thumb is to scan the first three ingredients because they probably make up the most of that food and try to ensure that whole foods are listed first.

References:

Nutrition Facts Label [Resource Site](#) through the U.S. Food & Drug Administration
Learn [what has changed](#) on the nutrition facts label with this PDF available in English & Spanish
The [ingredient list](#) can provide you with a lot of information about the food product you are about to eat

Video:

[Mayo Clinic Minute Video](#): How to read the new nutrition facts label.

Infographic:

[Making the Most of the Nutrition Facts Label Infographic](#) from the American Heart Association.

Interactive Nutrition Facts Label

Use the [interactive Nutrition Facts label](#) online to learn more about the information on packaged foods and beverages to help make food choices that contribute to healthy lifelong eating habits.

Workplace and Consumer Resources

[Permission is provided to download](#) from the U.S. Food & Drug Administration site for factsheets that you can use at the workplace or in your community.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

← Start here

← Limit these

← Get enough of these

INGREDIENTS: BULGAR WHEAT, SAUCE (WATER, HALF AND HALF [MILK, CREAM], PARMESAN CHEESE [PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES], CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES, CONTAINS: WHEAT, MILK.