



UNCOVER THE Nutrition Facts

Ready for a more comprehensive example? It's time to use everything you've learned in this chapter to read nutrition labels like a real pro!

Serving Size

All info on this label is based on 1 serving; in this case, 3 oz. of food

Fat

Label shows unhealthy fats in 1 serving; 8g. Mono and Polyunsaturated fats are the difference: 7g.

Fiber

Your stable blood sugar and digestion need fiber! Aim for 25-35g per day.

Protein

Include protein in every meal for stable blood sugar. Look for it here.

Know Your Needs

Your calorie needs are unique to you. %DV info in green is based on a 2,000 and 2,500 calorie diet.

Nutrition Facts

Serving Size 3 oz. (85g)
Serving Per Container 2

Amount Per Serving

Calories 200 Calories from Fat 120

% Daily Value*

Total Fat 15g **20%**

Saturated Fat 5g **28%**

Trans Fat 3g

Cholesterol 15g **10%**

Sodium 15g **28%**

Total Carbohydrate 30g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 5% • Vitamin C 2%

Calcium 15% • Iron 5%

*Percent Daily 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
Trans Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300mg	375mg	
Dietary Fiber		25g	30g	

Serving Size

If you eat the entire container of food, that is 400 calories.

Calories

The energy supplied by food. Notice which foods are high in calories.

Carbohydrate

Total Carbs = all types of carbs. Know the total grams to properly count carbs.

Sugars

Broken out from Total Carbs. This is not a low-sugar food.

Nutrients

Food marked 10% + is a good source of that nutrient. In this case, Calcium.

% Daily Value (DV)

Focus on the total grams per serving as you compare brands and count carbs.

% Daily Value (DV)

DV is a general guideline. It is not your focus.