

Step into Nutrition Facts Label Reading

Step 1:

Scope Out the Serving

If eating the whole container multiply calorie, fat, fiber, & sugar counts by this number.

Step 2:

Consider Calories

Even healthy foods like nuts are high in calories. Try for:
200-300 for a snack
300-500 for a meal

Step 3:

Factor in Fat

More important than total fat is the amount of saturated & trans fat. Eat **less** of both for ♥ health.
Try for:
≤ 20g per day **Saturated Fat**
0g per day **Trans Fat**

Step 4:

Search for Sugar & Fiber

More fiber and less sugar keep your body satisfied longer.
≥ 25g per day **Fiber**
≤ 50g per day **Sugar***

Nutrition Facts for 1% Milk

NUTRITION FACTS	
Serving Size: 1 cup (8 oz)	
Servings Per Container: 1	
Amount Per Serving	
Calories 104	Calories from Fat
% Daily Value	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 109mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 8g	

Percent Daily Value (%DV)

Provides a quick check of whether a food is high or low in a certain nutrient.

≤ 5% = low

10 -19% = good source

≥ 20% = high

* This does not include natural sugars such as those found in fruit, plain milk and plain yogurt.