Read a Food Label

January

Servings

Food labels present nutrition facts “per serving”, but a serving isn’t always what you think it should be. Read the “serving size” information carefully. This label says that a serving is 2 tortillas, which means you must eat 2 tortillas to receive the amount of calories and nutrients listed.

Most beverages contain multiple servings in one bottle, so you need to consider that if you want to know how many calories or grams of carbohydrate are in a whole bottle.

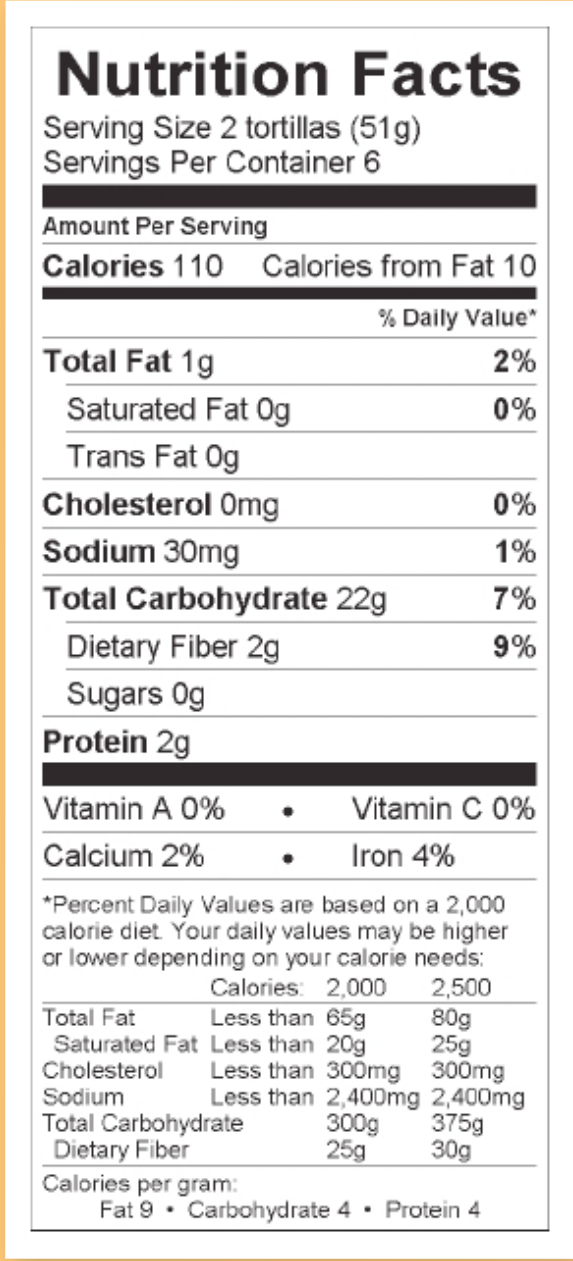
Percent Daily Values (%DV)

Some nutrients are listed as both numbers and percents. The %DV is calculated from the recommended daily intake of each key nutrient based on a 2000 calorie diet. Use the %DV as a guide to determine if a food is high or low in a nutrient.

- If a nutrient is 5% DV or less, the food is low in that nutrient. Low fat, saturated fat, sodium, and cholesterol may be desirable. However, low fiber, calcium, or other nutrients may not.
- If a nutrient is 20% DV or greater, the food is high in that nutrient. Again, that could be a good or bad thing.

Smart Shopping

Food labels can help you bring home the best nutrition for your family. Use the %DV to compare products based on nutrient levels. Keep serving sizes in mind when considering the nutrient levels of foods.



Nutrition Facts

Serving Size 2 tortillas (51g)
Servings Per Container 6

Amount Per Serving

Calories 110 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**9%**
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm