

Check The Facts

What you need to know about the Nutrition Facts label

1 Start here

2 Check calories

3 Limit these nutrients

4 Get enough of these nutrients

4 % Daily Value:
5% or less is low
20% or more is high

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a diet of other people's secrets.

	Calories: 2,000	2,500
Total 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	300g	375g
Dietary Fiber	25g	30g

What Size is a Serving?

Fruit: 1 medium fruit, about the size of a baseball



Vegetables: ½ cup, about the size of a small computer mouse



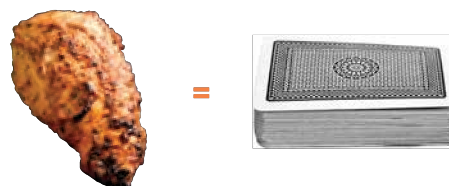
Cheese (low-fat or fat-free): 1½ ounces, about the size of six dice



Pasta (cooked): ½ cup, about the size of a small computer mouse



Seafood or lean meat: 2–3 ounces, about the size of a deck of cards



You can get more information at www.choosemyplate.gov.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: U.S. Government Printing Office. December 2010.