

Get the Facts

Optimize your health by learning to interpret the Nutrition Facts label

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 240mg	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.

SATURATED FAT

Limit to <6% of total calories. For a 2,000-calorie diet, that's 13g.

SODIUM

Limit to 2,300mg per day.
1 tsp table salt = ~2300mg

ADDED SUGAR

Limit to <6% of total calories.
For a 2,000-calorie diet,
that's 30g.
1 tsp sugar = 4g

SERVING SIZE

Confirm the amount of food that contains the amount of nutrients listed on the label.

FIBER

Target at least 14g per 1,000 calories consumed.
For a 2,000-calorie diet,
that's 28g of fiber per day.

INGREDIENTS

Look for whole grain as first ingredient in grain products; avoid partially hydrogenated oils and tropical oils (such as coconut and palm oils)