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Simple | Delicious | Satisfying

Read Labels

One of the best ways to be mindful of what you and your family are eating is to become a label reader.

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 235mg	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.

Start here. The information on the Nutrition Facts label is tied to the serving size. If you eat more than the listed serving size, then you get more calories and other nutrients. Servings per container is especially helpful when looking at what appears to be "single-serving containers." Often what is sold as a single serving is actually 2 or more servings.

Check calories. This part of the label tells us how many calories are in one serving.

Quick guide to % Daily Value. If the Daily Value is 5% or less, then the food is low in that nutrient. If the Daily Value is 20% or more, then the food is a good source of that nutrient.

Limit these nutrients. Eating too much saturated fat, trans fat, cholesterol, sodium, or added sugar may increase your risk of certain chronic diseases. Note: Added sugar is not currently listed on all labels.

Get enough of these nutrients. Eating enough fiber, vitamin D, calcium, iron, and potassium can improve your overall health.

Footnote. At the bottom of the Nutrition Facts is a footnote that explains that the % Daily Value is intended to help consumers understand the nutrition information on the label in the context of a total daily diet of 2,000 calories.

New vs Old:

What's the difference?

In 2016, the U.S. Food and Drug Administration (FDA) approved changes to the Nutrition Facts label. The changes incorporated relevant scientific information related to the link between diet and chronic diseases. The updated Nutrition Facts label helps consumers better understand what is in their food to help them make informed food choices.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	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

Original Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

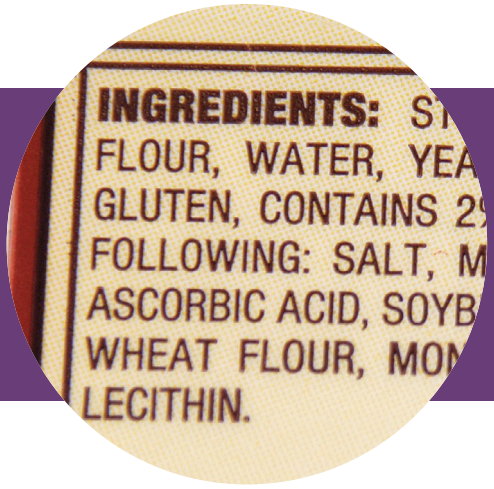
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

New Label

- In larger, bolder type. Updated serving sizes to reflect what people actually eat and drink.
- In larger, bolder type.
- The daily values for nutrients have also been updated based on newer scientific evidence.
- "Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label.
- Vitamin D and potassium are now required. Vitamins A and C are no longer required.
- The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.
- The footnote at the bottom of the label has changed to better explain the meaning of %DV in relationship to a 2,000 calorie total daily diet.

Use the ingredients list in addition to the Nutrition Facts label to better understand what's in your food and to help you make mindful choices.



Ingredients are listed in order of weight, with the ingredient present in the largest amount by weight listed first.

Use the ingredient list to help you select whole-grain foods as well as foods low in added sugar.

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