

Understanding Food Labels

A registered dietitian nutritionist (RDN) can help you set specific nutrition goals and guide you in planning a personalized healthy eating pattern.

To find an RDN in your area, visit "Find an Expert" at www.eatright.org



The Nutrition Facts panel tells you important information about what's in your food and beverages. You can find it on most food and drink packages. Use the nutrition and ingredient information on product labels to help make decisions when shopping for food and when deciding how much to eat or drink. Keep reading to learn more about changes to the Nutrition Facts panel, which will be required on foods and beverages by 2018.



Serving Size and Servings per Container 1

The calorie and nutrient details in the Nutrition Facts panel are for the specific amount, or serving size, listed for that food. The Servings per Container information tells you how many servings are in the package based on the listed serving size.

Serving sizes on labels are how much people usually eat at one time. However, the amount that you eat may not be the same as the serving size. Keep in mind that:

- If you eat more than one serving, you will get more calories and nutrients than listed on the Nutrition Facts panel.
- If you eat less than one serving, you will get fewer calories and nutrients.
- Package size may affect how much you eat and drink. This is why some food packages will show a Nutrition Facts label with two columns of information. One will have the calories and nutrients for one serving, and the second column will show the calories and nutrients for the entire package or container.

Nutrition Facts

2 servings per container			
Serving size		1 cup (255g)	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g 13%	
Saturated Fat	2g 10%	4g 20%	
Trans Fat	0g	0g	
Cholesterol	15mg 5%	30mg 10%	
Sodium	240mg 10%	480mg 21%	
Total Carb.	35g 13%	70g 25%	
Dietary Fiber	6g 21%	12g 43%	
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g 16%	
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg 50%	
Calcium	200mg 15%	400mg 30%	
Iron	1mg 6%	2mg 10%	
Potassium	470mg 10%	940mg 20%	

* 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.

Calories 2

The number of calories per serving is listed in large, bold type. Calories are the energy provided by food and drinks. Eating or drinking more calories than your body needs can cause weight gain. Use the calories listed on food labels to compare products and help track the calories you eat.



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