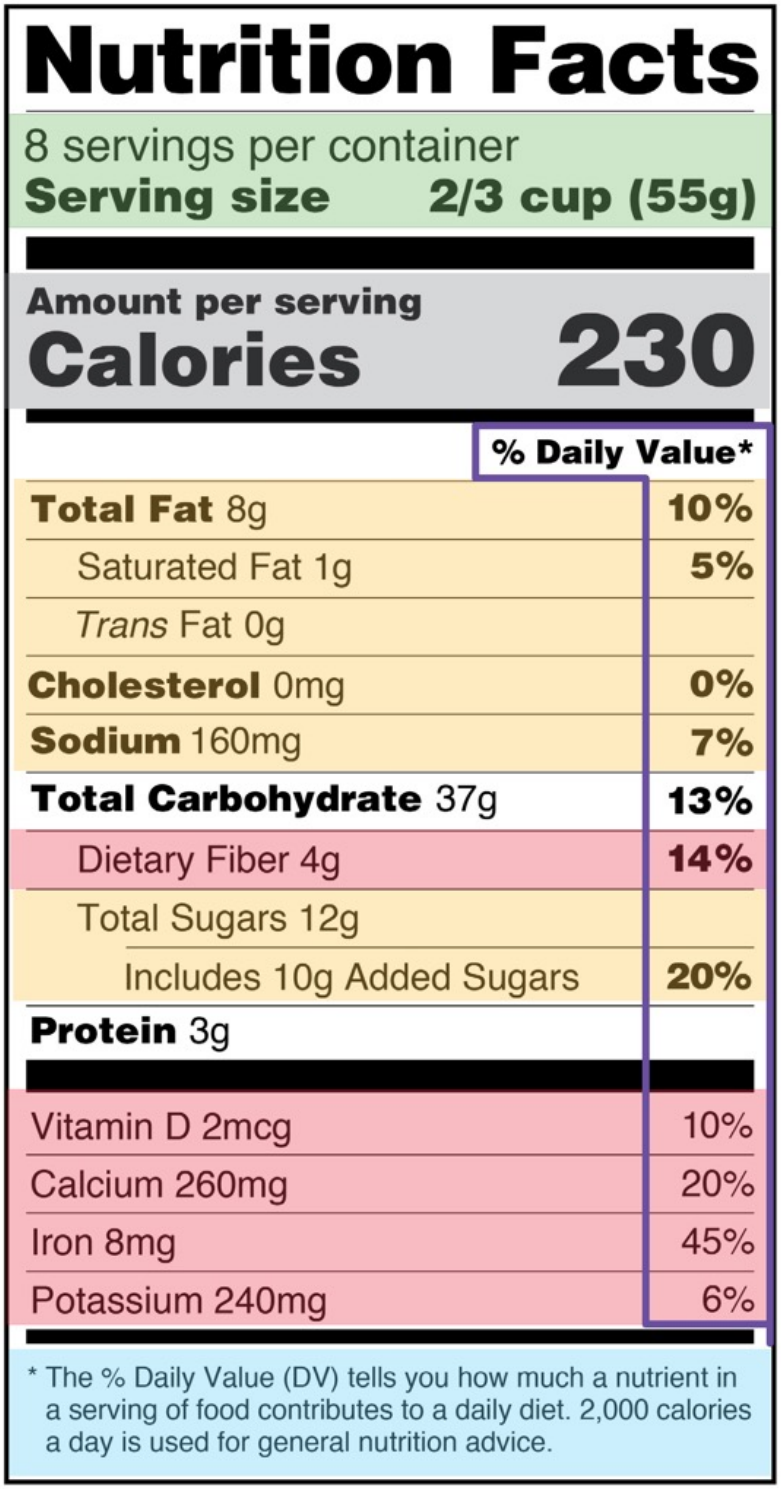
How to Read a Nutrition Label



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.

(1) Serving Size: Look at how many servings are in a container. Look at what a serving size is.

(2) How many calories are in a serving?

(3) The lower the number in yellow, the better.

(4) The higher the percentage in items highlighted in red, the healthier it is going to be.

(5) Try to find foods where the % in yellow is low and the % in red is high.

(6) This information is based on an average of 2,000 calories a day, which may be more or less depending on your needs.

© 2025 • American College of Culinary Medicine • All Rights Reserved • No part of this may be used without prior written permission