

Reading a Nutrition Label

Learning to read and understand nutrition labels can make it easier to find and choose healthy options

Start here

Check the serving size and number of servings in the package. The serving size is important to note because it influences the amount of calories and nutrients listed on the Nutrition Facts label. It's okay to consume more than one serving of certain items, but be mindful of how that will change the calorie and nutrient amounts on the Nutrition Facts label.

Ingredient List

On a product label, the ingredients are listed in order of predominance. The ingredients used in the greatest amounts are listed first, followed in descending order by those used in smaller amounts.

Check calories

Calories are a measure of how much energy is in a serving of food. Excess calories may cause weight gain, but don't stop at just the calories. Finish reading the Nutrition Facts labels to determine if the calories are empty or nutrient-dense.

Be mindful of these

Eating too much saturated fat, trans fat, sodium, or added sugar may increase risk of certain chronic diseases. The Dietary Guidelines for Americans recommends avoiding trans fats and limiting saturated fats to less than 10% of total daily calories by replacing them with unsaturated fats. The Dietary Guidelines for Americans also recommends less than 10% of total daily calories come from added sugar.

Nutrition Facts	
8 Servings Per Container	
Serving Size	2.5 cups
Amount Per Serving	
Calories	340
	% Daily Value*
Total Fat 23g	29%
Saturated Fat 5.2g	26%
Trans Fat 0g	
Sodium 330mg	14%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Protein 9g	18%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
* 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.	

% Daily Value

The % Daily Value (% DV) is based on the Daily Value recommendation of key nutrients for a 2,000 calorie diet. 5% DV or less is a low amount per serving and 20% DV or higher is a high amount per serving. Look for a lower % DV for nutrients you may want to limit (saturated fat, trans fat, sodium, and added sugar) and look for a higher % DV for nutrients you want to consume in greater amounts (fiber, vitamin D, potassium, calcium, and iron).

Get enough of these

The Dietary Guidelines for Americans recommends consuming 25-30 grams of fiber per day, which many Americans do not meet. Eating enough fiber as well as vitamin D, potassium, calcium, and iron can improve health and help reduce the risk of some diseases and conditions.

Best Black Bean Burger

Nutrition Facts

Calories 184
per serving

Amount/serving	% Daily Value*
Total Fat 4.1g	6%
Saturated Fat 0.6g	2%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 410mg	17%

Vitamin D 0mcg 0% · Calcium 51mg 5% · Iron 3mg 15% · Potassium 414mg 8%

Amount/serving	% Daily Value*
Total Carbohydrates 29g	9%
Dietary Fiber 9g	35%
Total Sugars 3g	
Protein 9g	

* The percent 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.



Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

113 gram

DV% based on 2000 calories diet

Nutrition Facts

1 servings per container

Serving Size 113 gram (113g)

Amount per serving
Calories 289.3

14.5%

% Daily Value*

Total Fat 17.3g	22.2%
Saturated Fat 6.6g	32.8%
Trans Fat 0.6g	
Cholesterol 100.6mg	33.5%
Sodium 100.6mg	4.4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 31.3g	62.7%

Vitamin D 0mcg	0%
Calcium 24.9mg	1.9%
Iron 3.3mg	18.4%
Potassium 459.9mg	9.8%
Vitamin A 3.4mcg	0.4%
Vitamin C 0mg	0%
Thiamin 0mg	4.1%
Riboflavin 0.2mg	16.6%
Niacin 7.1mg	44.6%
Vitamin B ₆ 0.5mg	28.4%
Folate 11.3mcg DFE	2.8%
Vitamin B ₁₂ 3.2mcg	131.8%
Phosphorus 268.9mg	21.5%
Magnesium 28.3mg	6.7%
Zinc 7.5mg	68%
Choline 103.3mg	18.8%

* 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.

NUTRITION FACTS

Nutrition Facts	Amount/serving	%DV	Amount/serving	%DV
3 servings per container	Total Fat 14g	18%	Total Carb. 9g	3%
Serving size 4oz. (113g)	Saturated Fat 8g	40%	Dietary Fiber 3g	11%
Calories 240	Trans Fat 0g		Total Sugars <1g	
	Cholesterol 0mg	0%	Incl. <1g Added Sugars	1%
	Sodium 370mg	16%	Protein 19g	31%
	Vitamin D 0mcg 0% • Calcium 170mg 15% • Iron 4.2mg 25%			
	Potassium 610mg 15% • Thiamin 2350% • Riboflavin 15%			
	Niacin 50% • Vitamin B6 20% • Folate 30%			
	Vitamin B12 130% • Phosphorus 15% • Zinc 50%			

Southwestern Chili

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent 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.
		Total Fat 3.0g	4%	Total Carbohydrates 41g	13%	
		Saturated Fat 0.4g	2%	Dietary Fiber 13g	50%	
		Trans Fat 0.0g		Total Sugars 8g		
		Cholesterol 0mg	0%			
8 servings		Sodium 424mg	18%	Protein 17g		
Calories per serving	244	Vitamin D 0mcg 0% · Calcium 138mg 13% · Iron 5mg 27% · Potassium 1163mg 24%				



Nutrition Facts

Serving Size 1.00	
Servings Per Container ABOUT 2	
Amount Per Serving	
Calories 240	
	% Daily Value
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 740mg	32%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	25%
Sugars 6g	
Protein 14g	
Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients

WATER, BEEF AND PORK, BEANS, BELL PEPPERS, TOMATOES IN JUICE (CONTAINS CALCIUM CHLORIDE, CITRIC ACID), CONCENTRATED CRUSHED TOMATOES, CONTAINS 2% OR LESS OF CORN FLOUR, GREEN CHILES (CONTAINS CITRIC ACID), CHILI POWDER (CHILI PEPPERS, FLAVORING), CORNSTARCH, ONIONS, SUGAR, SALT, JALAPENO PEPPERS (CONTAINS VINEGAR), DEHYDRATED ONIONS, SPICES, DEHYDRATED GARLIC.