Serving Size
This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

Calories
Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be able to think and be active.

% Daily Value
This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

Cholesterol
Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Total Carbohydrate
Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

Fiber: Helps with digestion and keeps you full between meals.

Sugars: Give you instant energy, but eating too much added sugar can be unhealthy.

Nutrition Facts

Serving Size
Servings per Container

Amount per serving

Calories Calories from Fat

% Daily value*

Total Fat
- Saturated Fat
- *Trans* Fat
- Polyunsaturated Fat
- Monounsaturated Fat

Cholesterol

Sodium

Total Carbohydrate
- Dietary Fiber
- Sugars

Protein

Vitamin A — Vitamin C

Calcium — Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Footnote
This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics, and activity level. Keep in mind this is just an average, these daily value percentages (%) are not for everyone.

Servings Per Container
This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

Calories from Fat
This is the number of calories that come from fat. It is not the percent of fat in the food.

Total Fat
Fat is essential in our bodies. There are 4 kinds of fat. Mono-unsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and *trans* fat are unhealthy for your heart, and should be limited.

Sodium
Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

Protein
This nutrient is used to build muscle and fight infections.

Vitamins/Minerals
This tells you the percent Daily Value for vitamin A, vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.