

# HOW TO: READ A NUTRITION LABEL

## STEP 1

### Nutrition Facts

**8 servings per container**

Serving size 2/3 cup (55g)

Amount per 2/3 cup

**Calories 230**

% DV\*

**12%** Total Fat 8g

**5%** Saturated Fat 1g

*Trans* Fat 0g

**0%** Cholesterol 0mg

**7%** Sodium 160mg

**12%** Total Carbs 37g

**14%** Dietary Fiber 4g

Sugars 1g

Added Sugars 0g

**Protein** 3g

10% Vitamin D 2mcg

20% Calcium 260mg

45% Iron 8mg

5% Potassium 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

## STEP 2

## STEP 3

### Limit:

- Saturated Fat
- Trans fat
- Sodium
- Sugar

## STEP 4

### Boost:

- Fiber
- Protein
- Vitamins
- Minerals

## QUICK TIP:

The % DV (percent daily values) are often listed on the label. <5% is considered LOW, >20% is considered HIGH.