

7 Tips for Reading a Nutrition Facts Label

1 Double check how **many servings** are in one container. Sometimes a single package of food or bottled drink may have multiple servings per container.

2 A well-balanced meal will include a mix of **carbohydrates, proteins, and fats**. Our bodies rely on each of these nutrients every day to function.

3 Use the Nutrition Facts label to help you **compare products** when grocery shopping. Trying to figure out which cereal has less added sugar, or which soup has less sodium? Take a peek at the Nutrition Facts label to find out.

4 No one food is going to check all of your nutritional boxes. If your food is higher or lower in a particular nutrient than you would like, use the Nutrition Facts label to **help fill in those gaps** during your other meals and snacks.

5 Packaged foods aren't the only places to get your nutrition. Some of the healthiest foods at the supermarket -- fresh fruits and vegetables -- don't have a Nutrition Facts label, and that's okay. Once you get a feel for **embracing a healthy heritage diet** filled with nutrient-dense foods like whole grains, beans, vegetables, fruit, nuts, and seeds, there's no need to "eat by the numbers" or shop with a calculator.

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.

6 Use the **% Daily Value** column to help you determine if a product is high or low in a particular nutrient.

7 To get the biggest nutritional bang for your buck, look for foods that are **lower** in saturated fat, sodium, and added sugars, and **higher** in dietary fiber, vitamin D, calcium, iron, and potassium.



Looking for whole grains? The different gram amount on each Whole Grain Stamp tells you how many grams of whole grain are in one serving of a product, so that you can work your way up to products with more and more whole grain.



There are three types of Whole Grain Stamps:

- **The 100% Stamp** indicates that all of the product's grain is whole grain
- **The 50%+ Stamp** indicates that at least half the product's grain is whole grain
- **The Basic Stamp** indicates that the product contains a significant amount of whole grain (at least 8g) but contains more refined grain than whole grain.