



At-A-Glance: The Nutrition Facts Label

Understanding what the Nutrition Facts Label includes can help you make **food choices** that are best for your health.

1

Nutrition Facts	
Serving Size 1/4 Cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 460mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%

2

3

4

5

1 Serving Size

This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as “cups” or “pieces.”

Remember: All of the nutrition information on the label is based upon **one serving** of the food.

A package of food often contains more than one serving!

2 Amount of Calories

The calories listed are for **one serving** of the food. “Calories from fat” shows how many fat calories there are in **one serving**.

Remember — a product that’s *fat-free* isn’t necessarily *calorie-free*. Read the label!

3 Percent (%) Daily Value

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of.

Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

4 Limit these Nutrients

Eating too much total fat (especially saturated fat and *trans* fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure.

Try to keep these nutrients as low as possible each day.

5 Get Enough of these Nutrients

Americans often don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy.

Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.



Why Nutrition Matters For You

Good nutrition is important throughout your life!

It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

Nutrition can sometimes seem complicated. But the good news is that the **Food and Drug Administration** has a simple tool to help you know exactly what you're eating.

It's called the **Nutrition Facts Label**. You will find it on **all packaged foods and beverages**. It serves as your guide for making choices that can affect your long-term health.

This booklét will give you the information you need to start using the Nutrition Facts Label today!

Good Nutrition Can Help You Avoid or Manage These Common Diseases:

- certain cancers
- type 2 diabetes
- heart disease
- high blood pressure
- obesity
- osteoporosis

For more on nutrition for older adults, visit:
www.fda.gov/Food/ResourcesForYou/Consumers/Seniors