

How To Read Nutrition Labels

When was the last time you looked at a nutrition label? Do you know how to read it?

This label lists some important information about what's in the food you will be eating. You'll want to know this information.

Read below for 6 important parts to reading a nutrition label.

1

Start by checking the serving size and servings per container.
WHY THIS IS IMPORTANT: The serving size will determine how large your portion of food should be for your meal.

2

Knowing the calories per serving and how many servings you're really consuming is really important if you eat the whole package. Doubling the servings you eat, doubles the calories and nutrients.

3

Limiting these nutrients: Based on a 2,000 calorie diet, no more than ~12 grams of saturated fat, as little trans fat as possible, and no more than 1,500 mg of sodium.

4

Fiber is typically recommended at 14g per 1,000 cal. feel free to add 5-10g more to ensure that you are getting quality carbohydrates. Protein is generally recommended around 0.75-1.5g/lb of bodyweight. I'd suggest about 1g/lb of lean body mass. Aim for 100% of daily vitamins and minerals.

5

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount

6

Important note about sugar limits. When looking at the sugar - it should be less than half of the total carbs for you to consider eating it.
 IE.. 20g Carbs = 10g Sugar

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g 5%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g 16%	
Sugars 1g	
Protein 3g	
Vitamin A 10%	
Vitamin C 8%	
Calcium 20%	
Iron 45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g

BONUS: Ingredients are listed in order of largest to smallest amount. Usually the top 3-5 ingredients are what the product is made out of. Ideally limit ingredients to 5 or less.