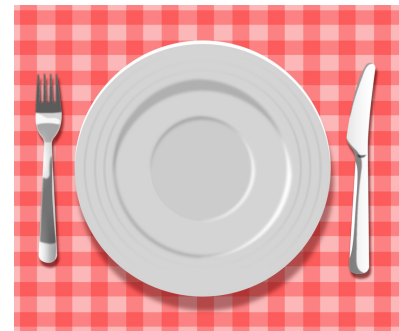


# Understanding the Nutrition Facts Label

## Calories and Portions

Portion size and serving size are not the same!



### 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 250mg              | 11% |
| Total Carbohydrate 37g    | 13% |
| Dietary Fiber 4g          | 14% |
| Total Sugars 12g          |     |
| Includes 10g Added Sugars | 20% |
| Protein 3g                | 6%  |
| Vitamin D 2mcg            | 10% |
| Calcium 260mg             | 20% |
| Iron 8.1mg                | 45% |
| Potassium 282mg           | 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.

Portion size:

the amount you actually eat - this can vary!

Serving size:

a standardized amount for the Nutrition Facts label

Calories and nutrient values on the label are based on the serving size.

Some packages that look like only 1 serving may have 2 or more servings, so be sure to look at the number of servings per container!

# What if I eat more or less than the serving size?

If your portion is **MORE** than the serving size, **MULTIPLY** to determine your actual Calorie and nutrient intake. If it is **LESS**, then **DIVIDE**.

## X

### Example 1:

If you eat 1 1/3 cup of this food (two times the serving size), how many Calories and nutrients will you consume?

Multiply everything by 2:

Calories: 460  
Total fat: 16 g  
Saturated fat: 2 g  
Sodium: 500 mg  
...and so on.

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount Per Serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| <i>Trans Fat</i> 0g           |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 250mg           | <b>11%</b>           |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             | <b>6%</b>            |
| Vitamin D 2mcg                | 10%                  |
| Calcium 260mg                 | 20%                  |
| Iron 8.1mg                    | 45%                  |
| Potassium 282mg               | 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.

## ÷

### Example 2:

If you eat 1/3 cup of this food (half the serving size), how many Calories and nutrients will you consume?

Divide everything by 2:

Calories: 115  
Total fat: 4 g  
Saturated fat: 0.5 g  
Sodium: 125 mg  
...and so on.