



# HEALTHY EATING

## Nutrition Facts

1	8 servings per container	<b>Serving size</b> 2/3 cup (55g)
2	<b>Amount per serving</b> <b>Calories</b>	
3	<b>% Daily Value</b>	
	<b>Total Fat</b>	
	8g Saturated Fat	
	1g Trans Fat	
	<b>Cholesterol</b>	
	<b>Sodium</b>	
	160mg	
	<b>Total Carbohydrate</b>	
	37g Dietary Fiber	
4	7g Total Sugars	
	12g Includes 10g Added Sugars	
	<b>Protein</b>	
	Vitamin D	
	2mcg	
	Calcium	
	160mg	
	Iron	
	8mg	
	Potassium	
	240mg	
5	*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.	

## READING NUTRITION LABELS

- 1 Serving Information:** First take a look at the serving information. This tells you the number of servings in the package (servings per container), and the serving size. The serving size is provided in units that are easy to compare across different foods like cups, tablespoons, or pieces, and also in metric units like grams (g). The serving size shows the amount that people usually eat or drink, NOT the amount that is recommended to eat or drink.
- 2 Calories:** Calories are the amount of energy you get from a serving of food. For example, you consume 230 calories if you eat 1 serving, but if you eat the whole container, you consume 230 calories x 8 servings or 1,840 calories. To maintain a healthy weight, you should aim for a balance of the calories you eat and drink with the calories your body uses as energy.
- 3 Percent Daily Value (% DV):** This section tells you how much the nutrients like saturated fat, sodium, added sugar, and dietary fiber in one serving of food contribute to your daily diet. 5% DV or less is considered low, and 20% DV or more is considered high.
- 4 Nutrients:** This section of the nutrition label shows some key nutrients that impact your health. Using this section can help you get more of the nutrients you want to get more of, and limit the nutrients you want to get less of.
  - **Nutrients to get more of:** Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
  - **Nutrients to get less of:** Saturated Fat, Added Sugar, and Sodium
- 5 Footnote:** The footnote explains that the % Daily Value tells you how much a nutrient in one serving of food contributes to a daily diet, and that 2,000 calories a day is used for general nutrition advice.

The general nutrition advice is to consume 2,000 calories per day, but your calorie needs may be different depending on your age, sex, height, weight, and physical activity level. Visit the link below to learn your estimated calorie needs.

For more health tools visit: [myplate.gov/resources/tools](https://myplate.gov/resources/tools)

## FREE RESOURCES

- ✓ Toolkits
- ✓ Fitness Classes
- ✓ Nutrition Classes
- ✓ Telehealth Coaching
- ✓ Education Materials
- ✓ Related Resources



[HEALTHIERTEXAS.ORG/TOOLKITS/](https://HEALTHIERTEXAS.ORG/TOOLKITS/)



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