

Food Label Facts

Food labels are regulated by the U.S. Food and Drug Administration (FDA) and provide valuable nutrition information to help you make healthy food choices. The FDA is transitioning to an updated food label designed to make it easier for you to make informed decisions about foods and drinks.

Servings per container and serving size are now in larger and bolder type.

Calories are now in a larger, bolder type. Calories are the unit that tells you how much energy a food gives the body.

The Daily Values for nutrients have been updated based on new scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day – for adults and children 4 and older – and are used to calculate the % Daily Value.

Added Sugars are now required on the label. These include sugars that are either added during the processing of foods, or are packaged (like a bag of table sugar), and also include sugars from syrups, honey, fruit, vegetables and juices. Aim for less than 10% of your total daily calories from added sugars.

Vitamin D and potassium are also required on the label because many Americans do not get the recommended amounts.

Vitamins A and C are no longer required since deficiencies of these vitamins are rare today, but these nutrients can be voluntarily disclosed by manufacturers.

Additional food label definitions:

- **Saturated fat.** A fat that is solid at room temperature. It is found in things like butter, cheese, whole milk, ice cream and meat.
- **Trans fat.** A liquid fat that is treated (hydrogenated) so it is solid at room temperature. It is in cookies, crackers, fried and processed foods.
- **Unsaturated fat.** A fat that is liquid at room temperature. It is found in vegetable oils, nuts, and fish.
- **Cholesterol.** A type of fat your body needs to make vitamin D, some hormones, and other important things. It is in high-fat dairy products, egg yolks and high-fat meat.
- **Sodium.** A component of salt. Almost all foods have sodium in them naturally, but processed foods have a lot of added sodium.
- **Total carbohydrate.** A combination of many types of carbohydrates: dietary fibers, sugars, and other carbohydrates.
- **Protein.** A part of food that the body needs to grow, repair itself and build muscle. It can be found in meat, fish, dairy, soy, beans, nuts and other foods.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
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.