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Nutrition Facts Label

Kathy Daly-Koziel
University of Kentucky

Sarah Brandl
University of Kentucky, sbrandl@uky.edu

Jackie Walters
University of Kentucky, jackie.walters@uky.edu

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Nutrition Facts Label

Nutrition Facts		
1	Serving Size: 1 cup (236ml)	
2	Servings Per Container: 1	
Amount Per Serving		
3	Calories 80	Calories from Fat 0
% Daily Value*		
5	Total Fat 0g	0%
6	Saturated Fat 0g	0%
7	Trans Fat 0g	
8	Cholesterol Less than 5mg	0%
9	Sodium 120mg	5%
10	Total Carbohydrate 11g	4%
11	Dietary Fiber 0g	0%
	Sugars 11g	
12	Protein 9g	17%
	Vitamin A 10%	* Vitamin C 4%
	Calcium 30%	* Iron 0% * Vitamin D 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

What is on the Nutrition Facts label?

1	Serving Size	The amount of food the label is based on
2	Servings Per Container	Number of servings in the package
3	Calories	The energy supplied in one serving
4	Calories From Fat	The number of calories supplied by fat in one serving

Limit these nutrients

5	Total Fat	The number of fat grams from all types of fat (saturated, unsaturated and trans-fat) in one serving
6	Saturated Fat	The number of grams of saturated fat in one serving
7	Trans-fat	The number of grams of trans-fat in one serving
8	Cholesterol	The number of milligrams of cholesterol in one serving
9	Sodium	The number of milligrams of sodium in one serving

10	Total Carbohydrate 11g	4%
11	Dietary Fiber 0g	0%
	Sugars 11g	
12	Protein 9g	17%
	Vitamin A 10% * Vitamin C 4%	
	Calcium 30% * Iron 0% * Vitamin D 25%	
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Daily Values

Daily values show the amount of nutrients you should get in your diet each day. The trick is to choose different foods each day to add up to 100 percent of each nutrient without eating too much of some nutrients. Use the % Daily Value part of the Nutrition Facts label as a guide. It will tell you if a single serving of food has low, medium or high amount of a nutrient. MyPyramid can show you how to eat right from each food group to meet this goal.

The Daily Value on the Nutrition Facts label is based on a person who eats 2,000 calories a day. Your own intake may be higher or lower. To find the best calorie level for you, look at the chart from MyPyramid: Steps to a Healthier You.

Get enough of these nutrients

Most people do not get enough dietary fiber, vitamin A, vitamin C, calcium and iron in their diet. These nutrients are listed on the Nutrition Facts label so that you can adjust the amount you eat.

Other Important Nutrients

10	Total Carbohydrate	The number of grams of total carbohydrates, including sugars and dietary fiber, found in one serving
11	Dietary Fiber	The number of grams of dietary fiber in one serving
12	Protein	The number of grams of protein in one serving

Written by Kathy Daly-Kozziel, former EFNEP Coordinator

Revised by: Sarah Ball Brandl, Extension Specialist for Nutrition Education Programs

Jackie Walters, Extension Specialist for Nutrition Education Programs

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