



GET THE NUTRITION FACTS (PRE-2020)

Whether you're looking for foods with fewer calories, more fiber or less sugar, Nutrition Facts information on food packages is the place to go.

Start at the top to find the number of **servings per container** and the **serving size**. Remember that one package may contain more than one serving. The information that follows serving size such as **calories** is for one serving of this food.

Below the serving size and calories, you will find key **nutrients** in this food and **Percent Daily Value (%DV)**. Use this information to compare similar products and find which product has more or less of the nutrient(s) that interests you. Foods are considered **"low"** in a nutrient if they have 5% DV or less of that nutrient. For example, a food with 4% DV Total Fat is "low in fat". They are considered **"high"** in a nutrient if they have 20% DV or more for that nutrient. For example, a food with 20% DV Calcium is "high in calcium."

Nutrition Facts			
Serving Size 1 package (272g)			
Servings Per Container 1			
Amount Per Serving			
Calories 300		Calories from Fat 45	
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	430mg		18%
Total Carbohydrate	55g		18%
Dietary Fiber	6g		24%
Sugars	23g		
Protein	14g		
Vitamin A			80%
Vitamin C			35%
Calcium			6%
Iron			15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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



GET THE NUTRITION FACTS – NEW LABEL (2020)

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Limit Saturated Fat, Sodium and Added Sugars. Eating less saturated fat, sodium and added sugars may help reduce your risk of disease.

Eat more Fiber, Vitamin D, Calcium, Iron and Potassium to improve your health and reduce risk for disease.

Before 2020, some manufacturers used a different looking label.

Nutrition Facts	
2 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.

Pre-2020 label

2020 label

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