

# Reading Nutrition Labels

This number shows how many servings are in the entire container.

The serving size reflects the amount that people typically eat or drink. It is not a recommendation of how much you should eat or drink.

## 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** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

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.

Calories provide a measure of how much energy you get from a serving of this food. The number of servings you consume determines the number of calories you actually eat.

These are nutrients to consume less of. Consuming too much of these nutrients is associated with adverse health effects.

There are nutrients to consume more of. Eating a diet high in dietary fiber can increase the frequency of bowel movements, lower blood glucose and cholesterol levels, and reduce calorie intake. Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure.

It shows how much a nutrient in a serving of a food contributes to a total daily diet. It can tell you whether a serving of the food contributes a lot, or a little, to your daily diet for each nutrient.

- **5% DV or less** of a nutrient per serving is considered low
- **20% DV or more** of a nutrient per serving is considered high

**ASPIRE**