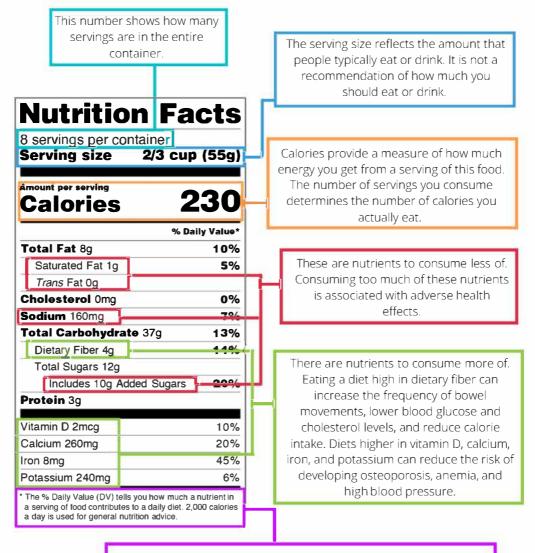
## Reading Nutrition Labels



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

