

Read Nutrition Facts Labels

The Nutrition Facts Label is based on a daily diet of 2,000 calories. The amount of calories you need each day depends on your gender, age, and level of physical activity.

Start here

Notice what one serving is. The container or bag may have more than 1 serving.

Check total calories

Look at serving size to see how many servings you're consuming. If you eat double the amount of servings, you eat double the amount of calories.

Limit these

Eating too much saturated and trans fat can lead to heart disease. Lots of sodium can increase your blood pressure. Choose foods with a Daily Value of 5% or less of these nutrients.

Get enough of these

Choosing foods with a high % Daily Value (20% or higher) of Vitamin A, C, calcium, iron and fiber will keep you on a healthy diet.

Quick Guide to Percent (%) DV

The % DV sections tells you the % of each nutrient per serving, based on how much you need each day. Choose foods with a high % of healthy nutrients (such as fiber and protein) and a low % of unhealthy nutrients (such as trans fat, cholesterol and sodium).

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low,
20% or more is high

Nutrition Facts

Serving Size 1 slice (47g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.