1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

3. Nutrients

You can use the label to support your personal dietary needslook for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron and Potassium. The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.

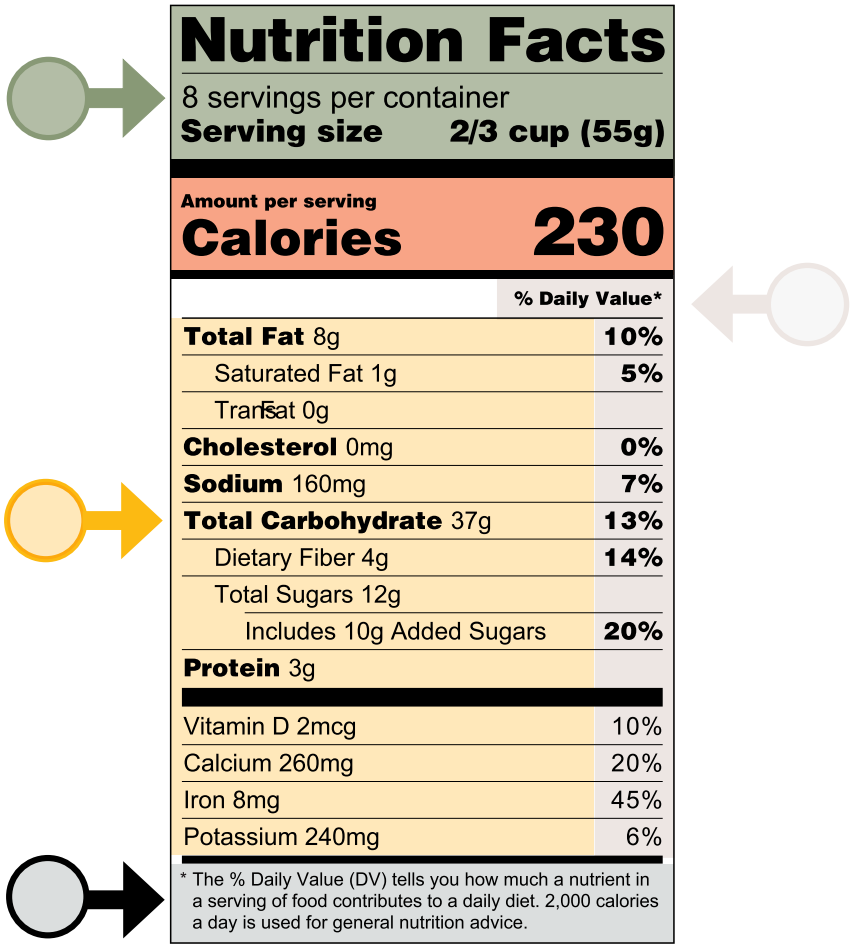
Nutrients to get less of: Saturated fat, Sodium, and Added Sugars. The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.

4. Percent Daily Value

This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: **5%DV or less is low and 20%DV or more is high.**

5. Footnote

The footnote explains that 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.



(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)