

# Nutrition Label

## How to Read a Nutrition Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	8%
Trans Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.	



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## Step 1: Serving size:

Facts listed are relevant to this serving size. If you are eating more or less, adjust nutrient values.

## Step 2: Calories:

This may be important to know if you are balancing calories.

## Step 3: Nutrients:

Use this section to select foods that support your individual nutrition needs (see below).

## Percent Daily Value:

As a rule of thumb, choose foods with 5% or less of nutrients you want to limit (like sodium) and foods with 10% to 20% or more of nutrients you want to consume more of (like fiber or calcium).

## Total fat:

Heart healthy fats include monounsaturated and polyunsaturated fats. Less healthy fats are saturated and trans.

Aim for foods with less than 2 grams of saturated and 0 grams of trans fat per serving.

## Sodium:

U.S. Dietary Guidelines recommend consuming less than 2,300 mg of sodium per day. Aim for lower sodium foods.

## Total carbohydrates:

Check this number if balancing total carbohydrate intake. Fiber content is listed here, which is helpful for bowel regularity, lowering cholesterol, and blood sugar control. Try to choose foods with at least 3 to 5 grams of fiber per serving. Also note added sugars here, it is recommended to limit the amount of added sugar per day.

## Protein:

Ensure adequate intake of this key nutrient, it is an important part of a healthy diet.

## Vitamins and minerals:

Vitamin D, calcium, iron, and potassium are listed here. Individuals with certain chronic diseases may need to monitor intake of these nutrients and can check here for those totals.



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