



Nutrition Facts Label Guide

Nutrition Facts
 Servings per container 7
Serving size 1 cup (236g)

Amount per serving
Calories 310

		% Daily Value*
Total Fat	12g	15%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	65mg	22%
Sodium	520mg	23%
Total Carbohydrate	26g	9%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	24g	
Vitamin D	0mcg	0%
Calcium	148mg	10%
Iron	2mg	10%
Potassium	430mg	10%

* 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.

Amount per serving

The label shows the amount of each nutrient in 1 serving size.

- Comparing serving sizes can be helpful when comparing different product labels.

Nutrients

The label shows the amount of each nutrient in grams, milligrams, or micrograms.

%DV=Percent Daily Value

It shows the percentage of the Daily Value for a nutrient, in one serving of food. The Daily Values are references for how much to consume, or not exceed in a day, based on a 2,000 calories diet. The % DV can be used as a guide to help determine if a food is high or low in a nutrient. Some nutrients do not have a Daily Value or do not list the % DV on the label.

Consume MORE of these nutrients

Most of the time, choose foods that have at least 20% of one or more of the following:

- 1. Dietary Fiber**
 - Listed under Total Carbohydrate
 - The amount of Total Carbohydrate includes Dietary Fiber
- 2. Vitamins & Minerals**
 - Vitamin D, calcium, iron and potassium are listed on every label—other vitamins and minerals may also be listed

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Consume LESS of these nutrients

Most of the time, choose foods that have 5% or less of the following:

- 1. Saturated Fat**
 - Listed under Total Fat
 - The amount of Total Fat includes Saturated Fat
- 2. Sodium**
- 3. Added Sugars**
 - Listed under Total Sugars, which is listed under Total Carbohydrate
 - The amount of Total Sugars includes Added Sugars
 - The amount of Total Carbohydrate includes Total Sugars

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Sponsored by the Moore Family Center for Whole Grains, Nutrition and Preventive Health, OSU Extension Service, and Oregon SNAP. For more information on help with nutrition through Oregon SNAP, call Oregon Safenet at 211.

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