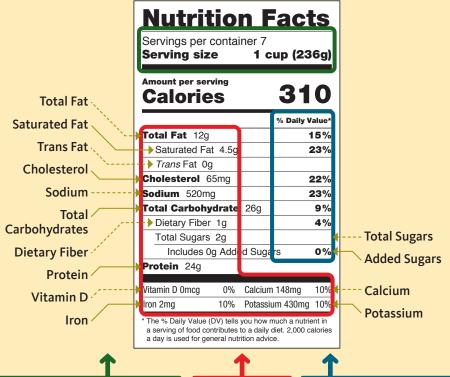


Nutrition Facts Label Guide



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.

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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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

	Nutrition Facts Servings per container 7 Serving size 1 cup (236g)		
	Amount per serving Calories	310	
	% [Daily Value*	ı
	Total Fat 12g	15%	ı
	Saturated Fat 4.5g	23%	ı
	Trans Fat 0g		ı
	Cholesterol 65mg	22%	ı
	Sodium 520mg	23%	ı
J	Total Carbohydrate 26g	9%	L
	Dietary Fiber 1g	4%	
	Total Sugars 2g		Г
	Includes 0g Added Sugars	0%	ı
	Protein 24g		l
7	Vitamin D 0mcg 0% Calcium 148	3mg 10%	Ī
1	Iron 2mg 10% Potassium 4	30mg 10%	
	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2		Ī

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

Nutrition Facts

a day is used for general nutrition advice

Servings per container 7

Serving size 1 cup (236g)

Amount per serving Calories

Trans Fat 0g

s 310

0%

 Total Fat
 12g
 15%

 Saturated Fat
 4.5g
 23%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars

Protein 24g

 Vitamin D Omcg
 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.