

Serving Size

Nutrition Facts represent one serving, but there may be multiple servings in the container.

In the sample label, one serving equals one cup. If you eat the entire container, you would eat two servings. That means you eat twice the calories, nutrient amounts, and % Daily Values.



Limit these nutrients by choosing foods that have the lowest % Daily Value.

Quick tip- 5% or less is low, 20% or more is high.



Get enough of these nutrients by choosing foods that have the highest % Daily Value.

Quick tip- 5% or less is low, 20% or more is high.

Carbohydrates



Nutrition Facts	
2 servings per container	
Serving size	1 cup (55g)
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	18%
- Saturated Fat 1g	15%
- Trans Fat 0g	
Cholesterol 0mg	0%
- Sodium 160mg	10%
Total Carbohydrate 37g	12%
+ Dietary Fiber 4g	16%
Total Sugars 1g	
- Includes 1g Added Sugars	2%
Protein 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.

Carbohydrates are in many foods, but some types of carbohydrates are better than others. Look at the ingredient list when choosing grains like bread, pasta, crackers, and cereals, and choose the “whole grain” option or look for “whole” in the first ingredient.

Considering calories can be helpful in managing your weight, but low calorie foods are not always better than high calorie foods. There’s more to the label than just calories. Knowing what nutrients are in the food you’re eating is important to maintain a balanced diet.

Calories

% Daily Values tell you how much a serving of food contributes to your daily allowance of each nutrient.

In the sample label, one serving contributes to 18% of your daily allowance of total fat.

Using % Daily Values

Protein intake should come from a variety of sources, including animal (meat, poultry, seafood, and dairy) and non-animal proteins (beans, nuts, seeds, and soy products).

Protein



At the Grocery Store

Read the nutrition label when grocery shopping to compare options and make healthier eating choices.

Use the following as a guide to selecting foods and beverages that promote health and provide more good-for-you nutrients:

- Calories: 200 total calories or less
- Saturated Fat: no more than 10% daily value
- Sodium: no more than 300 mg
- Dietary Fiber: at least 1 gram of dietary fiber
- Added Sugars: no more than 10% daily value



Look at the ingredient list and choose foods that don't have added sugar as one of the first three ingredients. Some names for added sugar include: sucrose, glucose, cane juice, fructose, molasses, syrup, and honey.



Want to learn more about nutrition?
Make a free appointment with the
Nutritionist at the Student Health Center:
<http://health.sfsu.edu>



Need help paying for groceries?
Learn about signing up for CalFresh on
campus at:
<http://wellness.sfsu.edu/CalFresh>



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