

NEAT Fact Sheet

“How to Read a Food Label”

Nutrition Facts		
Serving Size 1 cup (228g) Servings Per Container 2		Start here
Amount Per Serving		Check calories
Calories 250 Calories from Fat 110		
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	Limit these
Sodium 470mg	20%	
Potassium 700mg	20%	Get enough of these
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	Footnote
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Steps for Reading the Food Label:

1. Check the serving size and the number of servings per package.
2. Check the amount of calories per serving. Realize that if you eat more than the stated serving size on the package, you will be eating more calories.
3. Choose a low %DV for the nutrients highlighted in **yellow**; choose a high %DV for those nutrients highlighted in **green**. For example...

Nutrient	DV	%DV	Goal
Total Fat	65g	=100%DV	Less than
Cholesterol	300mg	=100%DV	Less than
Sodium	2400mg	=100%DV	Less than
Dietary Fiber	25g	=100%DV	At least

4. The footnote is not found on all labels, but it summarizes the nutrient amounts used to determine DV, which are based on a 2,000 calorie diet.