Nutrition

How to Read the Nutrition Facts Label

Information you need to make healthy choices throughout your day

Nutrition Facts
Serving Size 1 package (0.5 oz)
Servings Per Container 1
Amount Per Serving
Calories 20
Calories from Fat 4

Total Fat 1g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 0mg

Sodium 20mg
Total Carbohydrates 1g
Dietary Fiber 1g
Sugar 1g

Protein 1g

Serving Size & Servings Per Container

Nutrients

Get 100% DV of these:
- Calcium
- Dietary Fiber
- Iron
- Vitamin A & C

Get less than 100% DV of these:
- Cholesterol
- Saturated Fat
- Sodium
- Sugars and Trans Fat are nutrients to get less of, but there are no %DV

Use it to compare foods!

Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.

Nutrients To
Get More Of

- fruits and vegetables
- whole grains
- fat-free or low-fat milk/milk products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

Nutrients To
Get Less Of

Limiting sodium intake is important for liver health. Make sure to check labels for the sodium content in your food.

Take care to not avoid protein in foods, they are actually beneficial for your health.

Doctor’s Tip

Practice getting into the habit of checking the nutrition labels on all foods, even the ones you are used to buying, in order to understand how much of a certain food is appropriate.

-Dr. Pranab Barman, Northwestern University

Nutrition And Your Liver

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

%DV is based on “Daily Values” – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

%DV is based on a 2,000 calorie diet. However, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender and physical activity level. Visit www.choosemyplate.gov to find your calorie needs.

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Nutrition Facts
Read the Label

www.fda.gov/nutritioneducation

March

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes

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