Nutrition

How to Read the Nutrition Facts Label

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; 100 calories per serving is moderate.

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on one serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving! If you eat multiple servings — you’re getting “multiples” on calories and nutrients, too.

2 Servings = Calories x 2

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
<td>4%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>6%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Sodium</td>
<td>450mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>55g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>21%</td>
</tr>
<tr>
<td>Sugars</td>
<td>35g</td>
<td>85%</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10%</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>0%</td>
</tr>
</tbody>
</table>

Nutrients To Get More Of

- Calcium
- Dietary Fiber
- Iron
- Vitamin A & C

Nutrients To Get Less Of

- Saturated Fat
- Sodium
- Sugars and Trans Fat

Get less than 100% DV of these:

- Cholesterol
- Sugars and Trans Fat

Nutrients To Get More Of:

To meet these goals, eat a variety of foods, including:

- Fruits and vegetables
- Whole grains
- Fat-free or low-fat milk/milk products
- Lean meats and poultry
- Beans and peas
- Soy products
- Unsalted nuts and seeds

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

Nutrition And Your Liver

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

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