



QUICK GUIDE

How to Read a Nutrition Facts Label

Five quick checks to help you compare packaged foods

Turn the package around. The Nutrition Facts label helps you compare what is actually inside.

01 CHECK THE SERVING SIZE

The numbers are for one serving.

If you eat two servings, double the calories and nutrients.

02 USE THE % DAILY VALUE

5% DV or less = low | 20% DV or more = high

Look for more fiber and less sodium, saturated fat, and added sugar.

03 FIND ADDED SUGARS

Check the line that says "Includes ____ g Added Sugars."

Compare similar products and choose the amount that fits your goals.

04 COMPARE FIBER AND PROTEIN

Use the grams to compare similar foods.

Think about how the food fits into your whole meal.

05 READ THE INGREDIENT LIST

Ingredients are listed from most to least by weight.

Check the first ingredients, allergens, and anything you avoid. A long list is not automatically unhealthy.

QUICK SHOPPING CHECK

- ✓ Compare the same serving size.
- ✓ Look for more fiber and the protein you need.
- ✓ Look for less added sugar and sodium.
- ✓ Choose the option that fits your taste, budget, and household.

REMEMBER: The goal is not a perfect product. Choose the option that best supports your needs and real life.

General education only; not a substitute for individualized medical or nutrition advice.