1. **START WITH THE SERVING INFORMATION AT THE TOP OF THE LABEL**
   This will tell you the size of a single serving and the total number of servings per container (package).

2. **NEXT, CHECK TOTAL CALORIES PER SERVING**
   Pay attention to the calories per serving and how many servings you’re really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

3. **LIMIT THESE NUTRIENTS**
   Limit the amounts of saturated fat and sodium you eat, and avoid trans fat. Choose foods with less of these nutrients when possible.

4. **GET ENOUGH OF THESE NUTRIENTS**
   Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5. **QUICK GUIDE TO % DAILY VALUE**
   The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

**HERE ARE MORE TIPS FOR GETTING AS MUCH HEALTH INFORMATION AS POSSIBLE FROM THE NUTRITION FACTS LABEL:**

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you’re trying to lose, gain or maintain your weight.

- When the Nutrition Facts label says a food contains “0 g” of trans fat, but includes “partially hydrogenated oil” in the ingredient list, it means the food contains trans fat, but less than 0.5 grams of trans fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of trans fat.

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**Modified from American Heart Association.**