

Tips for Success in Using Food Labels



Use these tips to get the most from food labels and to be sure the foods and beverages in your diet fit your personal needs.

- 1 **Check the serving size** and number of servings in the container. If you plan to eat more or less than the normal serving size, adjust all of the label information by multiplying or dividing based upon what you will eat.
- 2 **Check the total calories** of the amount you will eat to be sure it fits within your personal daily plan. Too few or too many calories can cause weight changes.
- 3 **Review each of the macronutrients (nutrients the body needs in large amounts)** to be sure you're getting enough and not too much.
- 4 **Review the micronutrients (nutrients the body needs in small amounts)** to be sure you're getting enough of the essential micronutrients without getting too much.
- 5 **Use the Percent Daily Value as a guide to meet your needs.**
 - The macronutrient percentages are based on a 2,000-calorie diet—your calorie needs may be different
 - The percentages can help you quickly identify foods and beverages that have high amounts or low amounts of specific nutrients. If you are trying to limit or choose foods high in a particular nutrient:
 - 5% Daily Value or less is considered low
 - 20% Daily Value or more is considered high
- 6 **There are many different types of fats**, and some are better than others. Talk to your doctor or dietitian about the types and amount of fat that are best for you.
- 7 **Foods rich in fiber are beneficial to gut and heart health.** Talk to your doctor or dietitian about the types and amount of fiber that are best for you.

Nutrition Facts			
1	About 22 servings per container		
	Serving Size 1/2 cup uncooked (40g/1.4oz)		
	Amount per serving		
2	Calories	150	
	% Daily Value*		
6	Total Fat 2.5g		4%
	Saturated Fat 0.5g		3%
	Trans Fat 0g		
	Cholesterol 0mg		0%
3	Sodium 0mg		0%
	Total Carbohydrate 27g		9%
7	Dietary Fiber 4g		16%
	Sugars 1g		
	Includes 0g Added Sugars		0%
	Protein 6g		
4	Vitamin D 0 mcg		0%
	Calcium 20mg		2%
	Iron 4mg		25%
	Potassium 150mg		2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

A serving of oatmeal

How could understanding food labels empower you to make choices that align with your health goals?
 Write about any insights or habits you'd like to explore around mindful eating and label awareness:
