



Nutrition Facts Food Label

Check first! Look at the **serving size**, and number of **servings per container**. Consider how many servings you are actually eating.

Check the number of calories and compare the nutrients they offer

Keep **saturated** and **trans fats**, **cholesterol**, and **sodium** low

Sample label for a box of granola bars

Nutrition Facts

Serving Size 1 Bar (24 g)
Servings Per Container 10

Amount Per Serving

Calories 90 **Calories From Fat** 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Potassium 0mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 1g 3%

Sugars 7g

Protein 1g

Calcium 20%

Iron 4%

Not a significant source of Cholesterol, Vitamin A, Vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	85g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

5% **Daily Value** or less is low, 20% or more is high

Make high fiber choices and aim for 25-30 grams of fiber per day