

How to Read a

Nutrition Label



1. Serving size:

Serving sizes are standardized to make it easier to compare similar foods. Be aware of how many servings you are eating.

1 Start Here

2. Calories:

Calories equal how much energy you get from one serving. However, it is important to limit calories from fat.

2 Check Calories

3. Limit these nutrients:

Reduce or limit saturated fats, sodium (salt), cholesterol and trans fats. The FDA considers 5% or less low and more than 20% high.

3 Limit These Nutrients

4. Are you getting enough of these nutrients?

Increase or maintain calcium, vitamin D, potassium and iron in your diet. The FDA considers 5% or less low and more than 20% high.

4 Get Enough of These Nutrients

5. Footnote:

The % Daily Value is based on a 2,000 diet. Your daily calorie intake may be higher or lower depending on how much energy you burn.

5 Footnote

Sample Label for Macaroni & Cheese

Nutrition Facts

1 servings per container

Serving size 1 cup (70g)

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 52g	19%

5% or Less Is Low

Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D	0%
Calcium 60mg	4%
Iron 6.43mg	35%
Potassium 0mg	0%

20% or More Is High

*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.

*Nutritional label via FDA

Calcium Challenge™

Card Sample



Meal Card

YOGURT PARFAIT

1.25 CUP
1 serving = 250 mg
based on a 1,000 mg RDA

Nutrition Facts
Serving Size 1.25 cup (289 g)

Amount Per Serving	Calories from Fat 80
Calories 340	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 34g	
Protein 24g	
Vitamin A 2%	Vitamin C 2%
Calcium 25%	Iron 2%

*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

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Yogurt Parfait:

Serving size: 1 1/4 container (289 grams)

Calories: 340 calories in one serving with 80 calories from fat

Nutrients: Yogurt is a good source of calcium

Footnote: Based on 2000 calorie diet

Calcium: 250 mg

To calculate calcium, take the % and add a zero.

Example: 25% = 250 mg

Calcium-Rich Meal Samples

Breakfast

Meal Card

YOGURT PARFAIT

1 container: 250 mg

Fruit

KIWI

1 kiwi: 30 mg

Grain

WHEAT BREAD

1 slice: 30 mg

Total Calcium:
310 mg

Lunch

Protein

TOFU

4 oz: 430 mg

Vegetable

KALE

1 cup: 90 mg

Fruit

ORANGE

1 orange, raw: 60 mg

Total Calcium:
580 mg

Dinner

Protein

CANNED SALMON

3 oz: 210 mg

Vegetable

BOK CHOY

1 cup: 160 mg

Grain

BROWN RICE

1 cup: 20 mg

Total Calcium:
390 mg

Total Daily Calcium:
1,280 mg