



The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

How to Read a Nutrition Label

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVVs)

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i>	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 20%	
Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated 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

1. Serving Size

The number of servings per container is very important. For example, the beef stew seen on the left has two servings - if you only glanced at the amount of calories, you might think that the whole package is only 250 calories rather than the actual total of 500 calories.

2. Calories from Fat

450 kcal is a good guideline for the total daily number of calories from fat (30% of 1500 calorie diet = 450 calories).

3. Fat, Cholesterol, and Sodium

Limit the macronutrients in this section. Focus on the % Daily Value for a 2,000 calorie diet as a target.

4. Fiber & Micronutrients

Review the items in this section: foods that have more of these are generally healthier.

5. Percent (%) Daily Value

It is best for your daily total of macronutrients (protein, fat, and carbohydrates) to be less than the % Daily Value, and your micronutrients to be greater than the given %.

6. Daily Values

The amounts of macronutrients are good targets, but keep in mind that most people may need under 2,000 calories so amounts will need to be adjusted.