How to Read a Nutrition Label

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.