

# Nutrition

## How to Read the Nutrition Facts Label

**Information you need to make healthy choices throughout your day**




**Found on all packaged foods and beverages**



**Use it to compare foods!**



Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.



**If you consume more calories than you burn, you gain weight.**

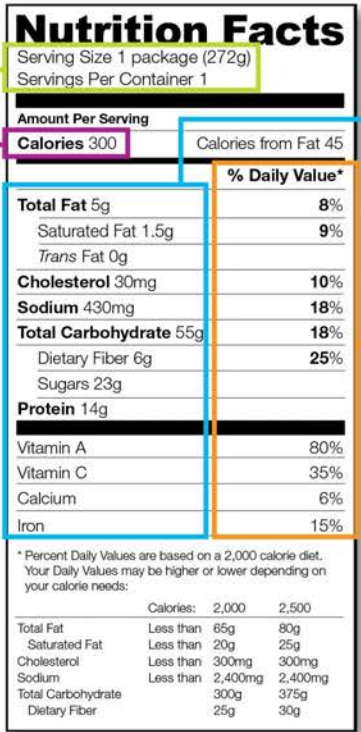
400 calories or more per serving is high; 100 calories per serving is moderate.

**Check the serving size on food packages.** The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

**One package may contain more than one serving!** If you eat multiple servings – you’re getting “multiples” on calories and nutrients, too.

**2SERVINGS = CALORIES X 2**

**Calories**



**Serving Size & Servings Per Container**

**Nutrients**

**+** **Nutrients To Get More Of**

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

**-** **Nutrients To Get Less Of**

Get less than 100% DV of these:

- Cholesterol
- Saturated Fat
- Sodium

**TIP:** Sugars and *Trans* Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

**To meet these goals, eat a variety of foods, including:**

- fruits and vegetables
- whole grains
- fat-free or low-fat milk/ milk products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

**%DV**

**When comparing nutrients in foods, use %DV.**

**%DV = Percent Daily Value**

5% DV or less per serving is low

20% DV or more per serving is high

**%DV is based on “Daily Values” – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.**



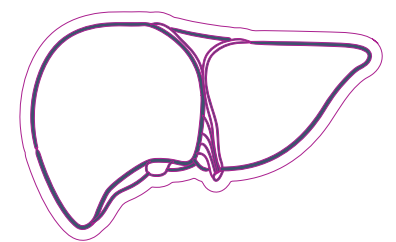

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

Percent Daily Values on the **Nutrition Facts Label** are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to find your caloric needs.

## Nutrition And Your Liver

Limiting sodium intake is important for liver health. Make sure to check labels for the sodium content in your food.

Take care to not avoid protein in foods, they are actually beneficial for your health.



### Doctor's Tip

Practice getting into the habit of checking the nutrition labels on all foods, even the ones you are used to buying, in order to understand how much of a certain food is appropriate.

-Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>