

# Nutrition Labels

Most prepared foods, like bread, cereal, canned and frozen foods, snacks, desserts and drinks, are required to have "Nutrition Facts" labels on their packaging. These labels provide important information that can help you eat healthier. These labels follow a standard format and always provide the same information.

## Sample Label for Frozen Lasagna

### Serving Information

*It's important to pay attention to the serving size. If you were to eat 2 cups instead of just 1, you would be consuming 2x the amount of calories and nutrients listed!*

### Nutrients

*This section tells you how much nutrients are in the food product. In general, you should limit the amount of fat, cholesterol, and sodium you eat, and make sure you get enough dietary fiber, vitamins and minerals.*

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* 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.

### Calories

*This section provides the amount of energy you get from a single serving. Remember, if you eat more calories than your body uses in a day, those calories will be stored as fat. Too many calories without enough exercise can lead to being overweight or obese.*

### Percent Daily Value (%DV)

*The % Daily Value (%DV) is the percentage of the Daily Value for each nutrient in a serving of the food. So, if you had 2 servings of this lasagna, you would already have consumed 74% of your daily allowance of sodium!*