

# GRAB AND GO LESSON

## Understanding the Parts of the Nutrition Facts Label

### Nutrition and Meal Management

**Purpose:** This handout provides an overview of the components of the Nutrition Facts label.

The Nutrition Facts label was developed by the U.S. Food and Drug Administration (FDA) as a tool that helps shoppers to choose desirable food items for good nutrition. The Nutrition Facts label is usually located on the side or the back of a food package. It provides a structured summary of the calories and nutrients of a specific product. Here is an overview of the six major sections of the Nutrition Facts label.



#### 1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

#### 2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

#### 3. Nutrients

You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

- **Nutrients to get more of:** Dietary Fiber, Vitamin D, Calcium, Iron and Potassium. The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
- **Nutrients to get less of:** Saturated fat, Sodium, and Added Sugars. The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.

#### 4. Percent Daily Value

This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: 5%DV or less is low and 20%DV or more is high.

#### 5. Footnote

The footnote explains that 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.

Nutrition Facts	
8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
<b>Amount per serving</b>	<b>230</b>
<b>Calories</b>	
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Knowing how to read a Nutrition Facts label and how to use it to purchase items for good nutrition is an important part of choosing the right serving sizes, estimate calories, and %DVs. Refer to this website [www.fda.gov/Food/LabelingNutrition/ucm20026097.htm](http://www.fda.gov/Food/LabelingNutrition/ucm20026097.htm) for additional information on Nutrition Facts labels.

# GRAB AND GO LESSON

## Understanding the Parts of the Nutrition Facts Label

Nutrition and Meal Management

### References

- U.S. Food and Drug Administration. (2020, August 26). *Nutrition education resources & materials resources on the importance of good nutrition*. <https://www.fda.gov/Food/LabelingNutrition/ucm20026097.htm>
- U.S. Food and Drug Administration. (2019, November 6). *Nutrition facts labels for download*. <https://www.fda.gov/food/food-labeling-nutrition/nutrition-facts-label-images-download>

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:  
<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

**Suggested Reference Citation:**  
Institute of Child Nutrition. (2021). *Grab and go lesson: Understanding the parts of the nutrition facts label*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org) for more information.