

Digesting the Food Label **A Guide to Understanding Food Label Information**

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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

Serving Size: All label information pertains to this amount of food.

Calories: Total amount of food energy present in the designated serving size.

Calories from Fat: Amount of total calories that come from fat. Try to keep below 30% of total calories. 1 gram of fat = 9 calories. Multiply #fat grams by 9 to get calories from fat.

Total Fat: Total amount of fat grams per serving.

%Daily Value from Fat: Foods that are less than 5% are usually low-fat choices.

Saturated Fat: Amount of saturated fat (cholesterol-raising fat) within the total fat grams. Keep intake to less than 10% of total daily calories.

Cholesterol: Mostly found in animal products. Keep intake to less than 300 mg/day.

Sodium: Implicated in high blood pressure. Keep intake below 2,400 mg/day. Any product over 450 mg is considered a high-sodium food.

Total Carbohydrate: Provides energy. 60% of your total daily calories should come from carbohydrates. Try eating complex carbohydrates such as whole grains, fruit and vegetables. 1 gram = 4 calories.

Dietary Fiber: Important for digestive health. Consume between 25-35 grams daily.

Sugar: Keep intake as low as possible. Purchase cereals with less than 6 grams per serving.

Protein: Needed for muscle repair. 15% of calories should come from protein. 1 gram = 4 calories

Skim Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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

Product A

Product B



Food Label Quiz:

1. Which product contains more saturated fat?

A B

2. Which product contains more cholesterol?

A B

3. Which product would help to reduce dietary fat?

A B