

Know your Nutrition Label. Put it all together.

Nutrition Facts

Servings per container

Know total amount you are eating.

Serving Size

If you double the serving, then double the value % below.

Amount per serving

Calories

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

None

Cholesterol

Sodium

**less than 5-10%

Total Carbohydrate

Dietary Fiber

greater than 10%

Total Sugars

Added Sugars

less than 10%

Protein

Vitamin D

Calcium

Iron

Potassium

(if listed, under 5-15%- if told to monitor by your doctor)

Phosphorus

(if listed, under 5-15%)

*The % Daily Value (DV) tells you how many nutrients are in a serving of food. Based on an average daily diet of 2,000 calories a day, with 2,300 mg of sodium a day. Following the % DV recommendations above will help everyone.

**Choose seasonings with 0% Sodium

Ingredients: Choose food and drink options with **no added phosphates**. Look for the word “phos”. Most products with added “phos” have a similar food choice without.