Label Logic
Get the Nutrition Facts!

Food labels tell you a lot about food. They don’t suggest what foods to eat – that’s your own decision. But using food labels can help you make choices about the food you eat.

What’s the point?
Nutrition Facts labels provide nutrition information in an easy-to-read format, but the label can be overwhelming with its abundance of information. Don’t try to use all the information at once. Instead, choose a target area (ex. Total fat) and make a choice based on that information. The Nutrition Facts label is meant to serve as a guide in order to help you make healthier food choices.

So what’s on a Nutrition Facts label?
Check out the sample label below to learn more about the information found on a Nutrition Facts label.

Serving size – similar serving sizes for similar foods helps consumers to compare foods. The amount of calories and nutrients listed on Nutrition Facts is based on one serving.

This is the total number of calories found in 1 serving.

The nutrients listed on this part of the label are important to your health. You should eat less of some nutrients, like fat, cholesterol, and sodium, and more of other nutrients like fiber and calcium.

Percent Daily Values are based on recommended intakes when eating 2000 calories per day. Percent Daily Values are also listed for persons eating 2,500 calories per day.

The % Daily Value can be used to compare foods and see how the food fits into your overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, trans fat, cholesterol, and sodium.

These numbers can help you get enough dietary fiber, Vitamin A, Vitamin C, calcium, and iron.

If the % Daily Value for a nutrient is 5% or less, that means the food is low in that nutrient.

If the % Daily Value is 20% or more, that means the food is high in that nutrient.