

Example Nutrition Facts Labels

Low Fat Milk (1%)	
Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg	15%
Iron 0.1mg	0%
Calcium 300mg	25%
Potassium 380mg	8%
*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.	

Almonds	
Nutrition Facts	
About 5 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Iron 1.1mg	6%
Calcium 75mg	6%
Potassium 200mg	4%
*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.	

Orange Juice	
Nutrition Facts	
8 servings per container	
Serving size	1 cup (248mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Iron 0.2mg	2%
Calcium 20mg	2%
Potassium 450mg	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.	

Egg	
Nutrition Facts	
1 serving per container	
Serving size	1 large egg (50g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 1.1mcg	6%
Iron 0.9mg	4%
Calcium 30mg	2%
Potassium 70mg	2%
*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.	

Canned Tuna in Water	
Nutrition Facts	
About 2.5 servings per container	
Serving size	1/2 cup (113g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 260mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 1.2mcg	6%
Iron 0.6mg	4%
Calcium 10mg	0%
Potassium 260mg	6%
*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.	

Whole Wheat Bread	
Nutrition Facts	
16 servings per container	
Serving size	1 slice (28g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	6%
Vitamin D 0mcg	0%
Iron 1.1mg	6%
Calcium 20mg	2%
Potassium 60mg	2%
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Ground Beef (80% Lean / 20% Fat)	
Nutrition Facts	
About 4 servings per container	
Serving size	4 oz (112g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 75mg	25%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Iron 2.3mg	15%
Calcium 20mg	2%
Potassium 330mg	8%
*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.	