

How to read a nutrition label

1 Check the serving size

It's not always the whole package.

2 Check the calories

Too many **calories** can lead to weight gain.

3 Limit these

Watch out for foods with more than 20% **fat**.

Don't eat more than 2,400 milligrams of **sodium** a day.

Make sure **carbs** make up 45-65% of your daily calories.

Limit your **sugar** to 25 grams a day or less.

4 Get enough of these

Look for foods that have at least 3 grams of **fiber**.

Eat plant-based **protein**, like soy, beans, peas and lentils.

Get your **vitamins** from food instead of supplements.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250

Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30 mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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

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