

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Label Reading Tips for Weight Management

When looking at a food label, look for the following:

1. Serving size

- Some small packages that you would normally eat in one sitting may have two or more servings.

2. Servings per package

- Control portions to eat just one serving.

3. Calories

- Choose products by comparing calories per serving

4. Percent Daily Value (% DV)

- 5% or less means a food is low in a nutrient
 - Choose foods that are low in fat, cholesterol, and sodium
- 10% to 19% of the DV is a good source of a given nutrient
- 20% or more means a food is high in a nutrient
 - Choose foods that are high in fiber, vitamins A and C, calcium, and iron

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Check your skill: Read the label

1. How many servings are in the package?
2. How much should you measure out for just one serving (portion)?
3. How many calories are in one serving? How many calories would you get if you ate the whole package?
4. Use the % DV to tell if the nutrient in one serving is high, a good source, or low.
 - Total fat
 - Fiber
 - Vitamin A