



Nutrition 101:

How to read a food label



Helpful information from your
Stop & Shop registered dietitians

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Nutrition 101: How to read a food label

All packaged foods and beverages are required by law to include a Nutrition Facts label that includes both ingredient and nutrient information, so it's a helpful guide to healthful eating—as long as you understand how to interpret it.

1

Start here →

2

Evaluate
calories

6

Pay attention to
the ingredients

Nutrition Facts

6 servings per container
Serving size 1 muffin (57g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **10%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 1g Added Sugars **2%**

Protein 6g

Vitamin D 0mcg **0%** • Calcium 73mg **6%**

Iron 1mg **6%** • Potassium 111mg **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.

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, MOLASSES, YELLOW CORN MEAL, YELLOW CORN FLOUR, SUGAR, CALCIUM PROPIONATE (PRESERVATIVE), VINEGAR, SOYBEAN AND/ OR CANOLA OIL, WHITE CORN MEAL, FUMARIC ACID, MALTED BARLEY FLOUR, SODIUM DIACETATE, MALT POWDER, LACTIC ACID, CALCIUM SULFATE, ENZYMES, ORGANIC EXPELLER PRESSED SOY LECITHIN.

CONTAINS: WHEAT, SOY.

3

**Nutrients
to limit:**

- Saturated fat
- Trans fat
- Sodium
- Added sugars

4

**Nutrients to
increase:**

- Dietary fiber
- Vitamin D
- Calcium
- Iron
- Potassium

5

General guide:

- 5% Daily Value (DV) or less is considered low
- 20% DV or more is considered high



Understanding serving sizes

Serving sizes on packages are standard measurements (in cups, ounces, slices, etc.) based on the amount of that food or beverage that typically is consumed. The serving size is not a recommendation of how much you should eat or drink, as individual nutrition needs vary.

Even a small bag of potato chips may contain multiple servings, which can mean more calories than you expect.

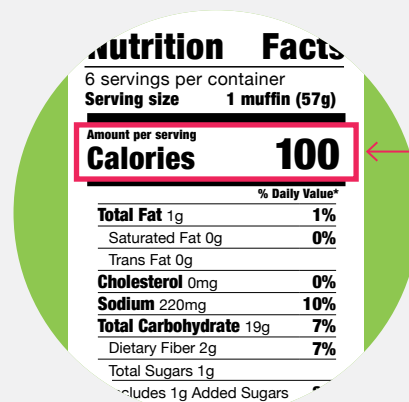
The calorie and nutrient information on the label are based on that standard serving size. The Nutrition Facts label can be useful as it shows the number of calories and amount of nutrients you would eat or drink if you consumed or ate the standard serving size. If you eat more or less than one serving, you'll also be having more or fewer calories and nutrients than listed on the label.



Evaluate calories

Calories are the energy that food and beverages provide your body. In this example, there are 100 calories in one muffin. If you ate 3 muffins, you would consume 3 servings, or 300 calories.

The general guide for nutrition advice is 2,000 calories a day. However, each person's calorie needs are different and depend on age, sex, height, weight and physical activity level. Speak with your doctor or dietitian about personalized recommendations.



Choose nutrients wisely

Use the % Daily Value (%DV) to help you figure out how a food fits into your daily meal plan. The %DV shows how much a nutrient in a serving of a food or beverage contributes to a total daily diet, based on a 2,000 calorie per day diet.

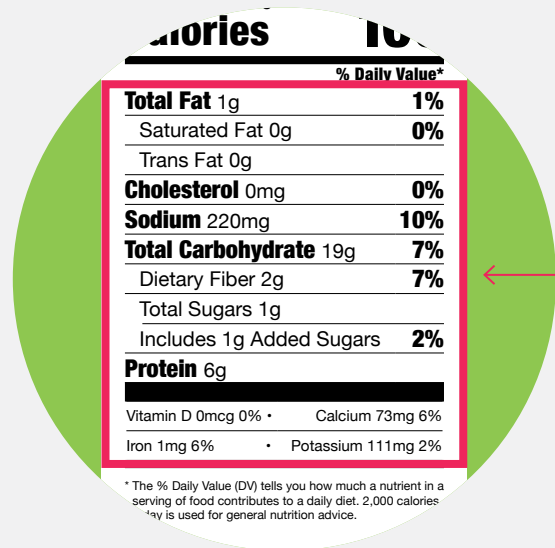
Review the nutrients list to find foods that are higher in helpful nutrients and lower in those that should be limited.

Nutrients to increase:

- Dietary fiber
- Vitamin D
- Iron
- Calcium
- Potassium

Nutrients to limit:

- Saturated fat
- Trans fat
- Added sugars
- Sodium

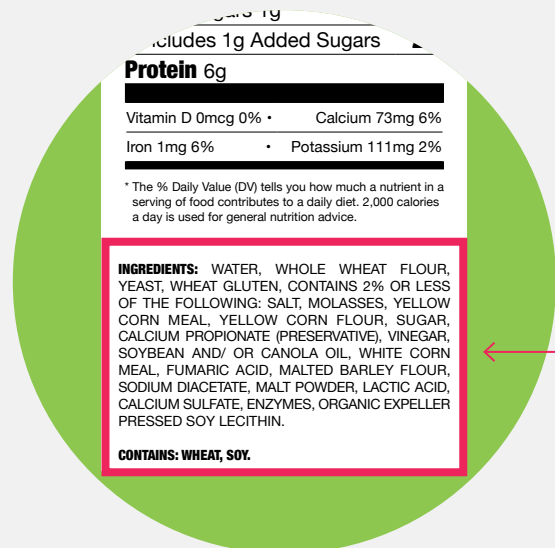


	% Daily Value*
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Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 19g	7%
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Pay attention to the ingredients

The ingredients listed on the label are always listed in descending order by weight. The ingredients in the largest amounts are listed first. Paying attention to both what's in your food and the order of ingredients (indicating the amount relative to other ingredients) can help you make better food choices.



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