

# Crack the Label Code

Life is full of choices, some small (what should I wear today?), others consequential (should I try out for the team?). One decision you make several times a day might seem small, but it's actually quite important:

**What am I going to eat?**

Fortunately, there's a hack for that: **the Nutrition Facts Label**. It's the key to choosing food that keeps you energized and feeling good.

## Nutrition Facts

4 servings per container

**Serving size 1 1/2 cup (208g)**

Amount per serving

**Calories 240**

% Daily Value\*

**Total Fat 4g 5%**

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol 5mg 2%**

**Sodium 430mg 19%**

**Total Carbohydrate 46g 17%**

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 2g Added Sugars 4%

**Protein 11g**

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 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.

### Serving size

This is the amount in one serving. Does it seem realistic to you? If you expect to eat more than a single serving, multiply the nutrition information by that number.

### Calories

This shows the amount of energy one serving provides.

### Percentage of Daily Value

Think of this column as a quick scoreboard that tells you how much a serving of this food contributes to what your body needs in a whole day.

**Tip: 5% DV or less per serving is low, and 20% DV or more per serving is high.**

### Know Your Nutrients

Food and drinks have different proportions of nutrients. Know which ones you need more of to stay healthy, and limit the ones you need less of.

#### Choose foods that are low in these

(aim to **stay below 100% DV** each day):

- ⊕ Saturated fat
- ⊕ Sodium
- ⊕ Added sugars
- ⊖ Trans fat (this doesn't have a daily value, so use grams as a guide)

#### Choose foods that are high in these

(aim to **reach 100% DV** each day):

- ⊕ Dietary fiber
- ⊕ Calcium
- ⊕ Iron
- ⊕ Potassium

### Important Vitamins and Minerals

You need these for growth and overall health.

**Calcium** and **vitamin D** are vital for peak bone mass.

**Iron** helps transport oxygen through your body.

**Potassium** supports muscle and heart function.

When you see high % daily values for these nutrients, that's usually a sign the food is giving you something useful, not just empty calories.

For more information, check out:

<https://www.fda.gov/NutritionFactsLabel>