



How to Read a Food Label

1) Serving Size

The facts for the amount of food listed.

2) Calories

The amount of calories in a serving. If you normally eat more than the amount shown as a serving, you need to multiply the calories.

3) Total Fat

Look at the total fat in a serving. A “low-fat” food has 3 grams of fat or less per serving.

4) Sodium

Many people eat more sodium than they need in a day. Healthy adults should have 2,400-3,000 milligrams per day. If you have high blood pressure, you should probably have less.

5) Total Carbohydrate

Look at the grams of total carbohydrate, rather than the grams of sugar. If you look only at the sugar number, you may end up not eating foods such as fruits, dairy products, thinking they are too high in sugar. You may overeat foods such as cereals that have no sugar, but do contain a lot of carbohydrate content.

6) Percent Daily Values

Indicates how much of a specific nutrient a serving contains on a 2,000-calorie diet. A product is considered a good source of a particular nutrient if one serving provides 10 percent to 19 percent of the daily value. It is considered high in a given nutrient if it contains 20 percent or more of the daily value.

Nutrition Facts	
①	Serving Size 1 cup (236ml) Servings Per Container 1
Amount Per Serving	
	Calories 120 Calories from fat 45 ②
% Daily Value*	
③	Total Fat 5g 8% ⑥ Saturated Fat 3g 15%
	Cholesterol 20mg 7%
④	Sodium 120mg 5%
	Total Carbohydrate 11mg 4%
⑤	Dietary Fiber 0g 0% Sugars 11g
	Protein 0g 0%
Vitamin A 10% Vitamin C 4% Calcium 30% Iron 0% Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



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