



Sponsored by the Moore Family Center for Whole Grains, Nutrition and Preventive Health, OSU Extension Service, and Oregon SNAP. For more information on help with nutrition through Oregon SNAP, call Oregon Safenet at 211.

Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This institution is an Equal Opportunity Provider and Employer.

2. Fold here

2. Fold here

Nutrition Facts Label Pocket Guide



Nutrition Facts	
Amount per serving	
Serving size 1 cup (236g)	
Servings per container 7	
310	Calories
% Daily Value*	
15%	Total Fat 12g
23%	Saturated Fat 4.5g
23%	Trans Fat 0g
22%	Cholesterol 65mg
23%	Sodium 520mg
9%	Total Carbohydrate 26g
4%	Dietary Fiber 1g
	Total Sugars 2g
	Includes 0g Added Sugars
0%	Protein 24g
10%	Vitamin D 0mcg
10%	Calcium 148mg
10%	Potassium 430mg

*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.

Total Fat 12g
Saturated Fat 4.5g
Cholesterol 65mg
Sodium 520mg
Total Carbohydrate 26g
Dietary Fiber 1g
Total Sugars 2g
Includes 0g Added Sugars
Protein 24g
Vitamin D 0mcg
Calcium 148mg
Potassium 430mg

Value for a nutrient, in one serving of food. The Daily Values are references for how much to consume, or not exceed in a day, based on a 2,000 calories diet. The % DV can be used as a guide to help determine if a food is high or low in a nutrient. Some nutrients do not have a Daily Value or do not list the % DV on the label.

Amount per serving
The label shows the amount of each nutrient in 1 serving size. Comparing serving sizes can be helpful when comparing different product labels.

%DV=Percent Daily Value
It shows the percentage of the Daily Value for a nutrient, in one serving of food. The Daily Values are references for how much to consume, or not exceed in a day, based on a 2,000 calories diet. The % DV can be used as a guide to help determine if a food is high or low in a nutrient. Some nutrients do not have a Daily Value or do not list the % DV on the label.

Nutrition Facts	
Amount per serving	
Serving size 1 cup (236g)	
Servings per container 7	
310	Calories
% Daily Value*	
15%	Total Fat 12g
23%	Saturated Fat 4.5g
23%	Trans Fat 0g
22%	Cholesterol 65mg
23%	Sodium 520mg
9%	Total Carbohydrate 26g
4%	Dietary Fiber 1g
	Total Sugars 2g
	Includes 0g Added Sugars
0%	Protein 24g
10%	Vitamin D 0mcg
10%	Calcium 148mg
10%	Potassium 430mg

*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.

Nutrients
The label shows the amount of each nutrient in grams, or milligrams, or micrograms.

Consume MORE of these nutrients

Most of the time, choose foods that have **at least 20%** of one or more of the following:

1. Dietary Fiber

- Listed under Total Carbohydrate
- The amount of Total Carbohydrate includes Dietary Fiber

2. Vitamins & Minerals

- Vitamin D, calcium, iron and potassium are listed on every label—other vitamins and minerals may also be listed

Nutrition Facts

Servings per container 7
Serving size 1 cup (236g)

Amount per serving
Calories 310

		% Daily Value*	
Total Fat	12g		15%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	520mg		23%
Total Carbohydrate	26g		9%
Dietary Fiber	1g		4%
Total Sugars	2g		
Includes 0g Added Sugars			0%
Protein	24g		
Vitamin D	0mcg	0%	Calcium 148mg 10%
Iron	2mg	10%	Potassium 430mg 10%

1

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.

Consume LESS of these nutrients

Most of the time, choose foods that have **5% or less** of the following:

1. Saturated Fat

- Listed under Total Fat
- The amount of Total Fat includes Saturated Fat

2. Sodium

3. Added Sugars

- Listed under Total Sugars, which is listed under Total Carbohydrate
- The amount of Total Sugars includes Added Sugars
- The amount of Total Carbohydrate includes Total Sugars

Nutrition Facts

Servings per container 7
Serving size 1 cup (236g)

Amount per serving
Calories 310

		% Daily Value*	
Total Fat	12g		15%
Saturated Fat	4.5g		23%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	520mg		23%
Total Carbohydrate	26g		9%
Dietary Fiber	1g		4%
Total Sugars	2g		
Includes 0g Added Sugars			0%
Protein	24g		
Vitamin D	0mcg	0%	Calcium 148mg 10%
Iron	2mg	10%	Potassium 430mg 10%

1

2

3

* 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.

1. Fold back here

1. Fold back here

Imperial to Metric Conversion Table

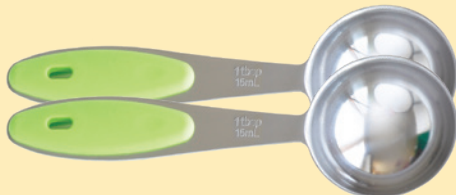
Liquid Measurements



1 teaspoon / 1 tsp = 5mL



1 Tablespoon / 1 Tbsp = 15mL



2 Tbsp = 30mL = 1 fluid ounce / 1 fl. oz.



1 cup
 = 16 Tbsp
 = 8 fluid ounces
 = 1/2 pint
 = 250 mL



1 quart
 = 4 cups
 = 950 mL



1 gallon
 = 4 quarts
 = 3.8 L

Weight



1 ounce / 1 oz. = 28 g
 1 pound / 1 lb. = 16 oz.
 1 pound / 1 lb. = 454 g