

# How to Read Nutrition Facts Labels

## Overview

Nutrition Facts labels can be difficult to read and confusing for all ages. Many times, reading a nutrition label can create more questions than answers. Which nutrients are good for me? Should I pay attention to the number of grams or the % daily value? What are all of these



ingredients? If adults struggle to understand nutrition labels, there's a good chance kids do too. It is important, however, for kids to understand what is in their food to start making healthy choices on their own. You can start by simplifying the information on nutrition labels to teach children to identify key nutrients that are common in healthy foods.

## Take Action

Nutrition Facts labels have a lot of information on them and can be overwhelming. Make it simple by focusing on:

- Serving size: How many servings are in the container? How does this compare to how much you're eating?
- Total calories
- Choosing foods that have *smaller* percentage Daily Value for saturated fat, added sugars and sodium