



Using the Nutrition Facts Label in the Child and Adult Care Food Program

The Nutrition Facts label tells you the amount of different nutrients in a food. Reading the label can help you choose the best foods to serve the children and adults in your care.

You can find a Nutrition Facts label on a food's packaging. Some foods, such as fresh fruits, vegetables, and fish, may not have Nutrition Facts labels.



What's on the Nutrition Facts Label?

There is an original and a new version of the Nutrition Facts label. You may see either version on food packages, although eventually you will only see the new label.



Original Label

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Both versions of labels tell you the total servings of the food in one package. They also give information on the type and amount of calories and nutrients for just one serving of the food.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars 20%	
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.	



What the Nutrition Facts Label Tells You

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

Serving Size is based on the amount of food that is usually eaten at one time. It is not always the same amount of food that is required to meet CACFP meal pattern requirements across the age groups. CACFP operators may use the serving size information on the Nutrition Facts label as a reference when using charts to determine if yogurts or cereals meet program sugar limits. They may also use serving size information in determining amounts of a food (such as a grain) needed to meet meal pattern requirements.

Saturated Fat, Trans Fat, Sodium, and Added Sugars provide important information for CACFP menu planners and food purchasers. Most adults and children eat and drink too many of these nutrients. Choosing foods that are lower in these nutrients can help program operators offer healthier meals that support good health. When comparing nutrients in foods, check the serving sizes to make sure you are comparing similar amounts of food.

Total Sugars shows the amount of sugars in a food. It includes both naturally occurring sugars in foods as well as added sugars. The CACFP sugar limits for cereal and yogurt are based on total sugars:

- Yogurt must contain 23 grams of total sugars or less per 6 ounces of yogurt.
- Breakfast cereal must contain 6 grams of total sugars or less per dry ounce of cereal.

Nutrition Facts

5 servings per container

Serving size 3/4 cup (170g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 105mg 5%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 2mcg 10%

Calcium 257mg 20%

Iron 0mg 0%

Potassium 344mg 8%

* 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.

Iron is a nutrient that supports growth and brain development. CACFP operators may use this information about iron when checking to see that an infant formula is fortified.



Spotlight on Serving Sizes

The amount of food in one serving, known as the serving size, may be listed by:

Weight

6 oz
(170g)

Nutrition Facts	
1 serving per container	
Serving size	6 oz (170g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 8g	

* 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.

Such as grams (g) or ounces (oz)

Volume

3/4 cup

Nutrition Facts	
About 15 servings per container	
Serving size	3/4 cup (30g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 2g	

* 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.

Such as cups or tablespoons

Number of items

8
crackers

Nutrition Facts	
About 4 servings per container	
Serving size	30g (8 crackers)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	

* 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.

Such as "8 crackers"

Remember that if you serve more of a food than the serving size listed, the amount of calories and nutrients served also increases.

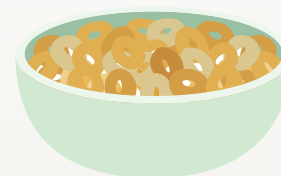
For example, a 1-cup serving of this cereal contains 100 calories and 7 grams of total sugars. If you serve 2 cups of this cereal, the 2-cup serving contains 200 calories and 14 grams of total sugars.

1-cup serving



100 calories and 7 grams of total sugars

2-cup serving



200 calories and 14 grams of total sugars

Some Nutrition Facts labels will show the calories and nutrients in one serving of a food as well as in the entire package.

For example, one serving of this yogurt contains 80 calories and 11 grams of total sugars. If you serve the entire container of yogurt, the container contains 160 calories and 22 grams of total sugars.

Left column shows the nutrients per serving

Nutrition Facts				
2 servings per container				
Serving size		3/4 cup (170g)		
Calories	Per serving	Per container		
	80	160		
% DV*				
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	10mg	4%
Sodium	110mg	5%	220mg	10%
Total Carb.	13g	5%	26g	10%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	11g		22g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	8g		16g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	300mg	25%	600mg	50%
Iron	0mg	0%	0mg	0%
Potassium	370mg	8%	740mg	16%

* 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.

Right column shows the nutrients for the entire container

Try It Out!

Use the information on this worksheet to answer the questions.

Yummy Brand Cereal

- 1 How many servings of cereal are in this container? _____
- 2 What is the serving size of this cereal? _____
- 3 How many grams of total sugars are in one serving of this cereal? _____
- 4 How many grams of added sugars are in one serving of this cereal? _____

Nutrition Facts	
12 servings per container	
Serving size	1 cup (43g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 34g	13%
Dietary Fiber 5g	17%
Total Sugars 7g	
Includes 3g Added Sugars 7%	

Happy Day Yogurt

- 1 How many servings of yogurt are in this container? _____
- 2 What is the serving size of this yogurt? _____
- 3 How many grams of total sugars are in one serving of this yogurt? _____
- 4 How many grams of total sugars are in one container of this yogurt? _____
- 5 How many grams of added sugars are in one serving of this yogurt? _____
- 6 How many grams of added sugars are in one container of this yogurt? _____

Nutrition Facts			
2 servings per container			
Serving size	¾ cup (170g)		
Calories	Per serving	90	Per container
	% DV*		% DV*
Total Fat	1.5g	2%	3g 4%
Saturated Fat	1g	5%	2g 10%
<i>Trans Fat</i> 0g			
Cholesterol	10mg	3%	20mg 6%
Sodium	105mg	5%	210mg 10%
Total Carb.	11g	4%	22g 8%
Dietary Fiber	0g	0%	0g 0%
Total Sugars	9g		18g
Incl. Added Sugars	0g	0%	0g 0%

Happy Day Yogurt Answers

1. Servings Per Container: 2
2. Serving Size: ¾ cup (170 grams)
3. Grams of Total Sugars per Serving: 9
4. Grams of Total Sugars per Container: 18
5. Grams of Added Sugars per Serving: 0
6. Grams of Added Sugars per Container: 0

Yummy Brand Cereal Answers

1. Servings Per Container: 12
2. Serving Size: 1 cup (43 grams)
3. Grams of Total Sugars per Serving: 7
4. Grams of Added Sugars per Serving: 3