

# Calories: What's in a Number?

## New Nutrition Facts Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

## What Are Calories?

Calories refers to the total number of calories, or “energy” you get from all sources (carbohydrate, fat, protein, and alcohol) in a serving of a food or beverage.

## Calories Go Big

Calories are now displayed in larger and bolder font on the new Nutrition Facts label to make the information easier to find and use.

## Make Calories Work For You

To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice, but your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. **Eating too many calories per day is linked to overweight and obesity. Find out how many calories you need at <https://www.choosemyplate.gov/resources/MyPlatePlan>.**



## Size Matters

Serving sizes on the Nutrition Facts label have been updated to better reflect the amount people typically eat and drink. **It is not a recommendation of how much to eat.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

You may want to pay attention to the serving size, especially how many servings there are in the container, so you know the amount of calories and nutrients you are consuming. One package of food may contain more than one serving, so, **if you eat two servings you would be getting two times the calories shown on the label.**

For example, if you ate one serving of the food shown on the label on the right, you would be eating **220** calories. And two servings would be **440** calories.

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
	<b>Per serving</b>	<b>Per container</b>	
<b>Calories</b>	<b>220</b>	<b>440</b>	
	<b>% DV*</b>	<b>% DV*</b>	
<b>Total Fat</b>	5g <b>6%</b>	10g	<b>13%</b>
Saturated Fat	2g <b>10%</b>	4g	<b>20%</b>
<i>Trans Fat</i>	0g	0g	
<b>Cholesterol</b>	15mg <b>5%</b>	30mg	<b>10%</b>
<b>Sodium</b>	240mg <b>10%</b>	480mg	<b>21%</b>
<b>Total Carb.</b>	35g <b>13%</b>	70g	<b>25%</b>
Dietary Fiber	6g <b>21%</b>	12g	<b>43%</b>
Total Sugars	7g	14g	
Incl. Added Sugars	4g <b>8%</b>	8g	<b>16%</b>
<b>Protein</b>	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

\* 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.



### TIP

The terms “fat-free” and “no added sugars” do not mean “calorie-free.” These food items may have as many calories as the regular versions, or more. Always check the Nutrition Facts labels and compare the calories and nutrients in the different versions.

Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)