5 Steps for **Reading Nutrition Labels**

When you're trying to eat healthy, reading nutrition labels can help you.

Here are 5 steps for reading nutrition labels to help you make healthy food choices:

1. **Start with serving size.** All information on the label is based on one serving of the food, and many packaged foods often contain more than one serving.
2. **Look at the calorie count.** Calories are a way of measuring the amount of energy a food has, and we often consume more than we need. General per-serving guide: 40 is low, 100 is moderate, 400 or more is high.
3. **Know your daily values.** This is an easy way to track your nutrient intake. Nutrition labels base nutrients on a person who consumes 2,000 calories per day.
4. **Understand how to use your daily values.** Per serving, try to limit saturated fat, cholesterol, sodium, and added sugar to 5%. Aim for 20% or more of vitamins, minerals, and fiber.
5. **Read the ingredients.** Ingredients are listed in order from largest to smallest amounts. Try to avoid artificial flavors and colors, and stick to ingredients you recognize.

Want more?

For more information about reading nutrition labels, visit **PacificSource.com/nutritionlabels.**

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