



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%
Trans Fat 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%
Trans Fat 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 added sugars 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.

Added Sugars shows the amount of added sugars in a food. The CACFP sugars limits for cereal and yogurt are based on added sugars:

- Yogurt must contain 12 grams of added sugars or less per 6 ounces of yogurt (2 grams of added sugars per ounce).
- Breakfast cereal must contain 6 grams of added 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. To be considered iron-fortified, an infant formula must have 1 mg of iron or more per 100 calories of formula.



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	

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	

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	

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.

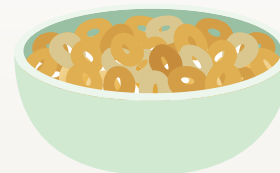
For example, a 1-cup serving of this cereal contains 100 calories and 4 grams of added sugars. If you serve 2 cups of this cereal, the 2-cup serving contains 200 calories and 8 grams of added sugars.

1-cup serving



**100 calories and
4 grams of added sugars**

2-cup serving



**200 calories and
8 grams of added 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 120 calories and 9 grams of added sugars. If you serve the entire container of yogurt, the container contains 240 calories and 18 grams of added sugars.

Left column
shows the
nutrients
per serving

Nutrition Facts			
2 servings per container			
Serving size		3/4 cup (170g)	
Calories	120	Per serving	Per container
% DV*			
Total Fat	0g	0%	0g 0%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	10mg	3%	20mg 6%
Sodium	50mg	2%	100mg 4%
Total Carb.	15g	5%	30g 10%
Dietary Fiber	0g	0%	0g 0%
Total Sugars	14g		28g
Incl. Added Sugars	9g	18%	18g 36%
Protein	15g		30g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	150mg	10%	300mg 20%
Iron	0mg	0%	0mg 0%
Potassium	180mg	4%	360mg 8%

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 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 added sugars are in one serving of this yogurt? _____
- 4 How many grams of added sugars are in one container of this yogurt? _____

Nutrition Facts			
2 servings per container			
Serving size ¾ cup (170g)			
	Per serving	Per container	
Calories	110	220	
	% DV*	% DV*	
Total Fat	0g 0%	0g 0%	
Saturated Fat	0g 0%	0g 0%	
<i>Trans Fat</i> 0g			
Cholesterol	5mg 2%	10mg 4%	
Sodium	105mg 5%	210mg 10%	
Total Carb.	21g 8%	42g 16%	
Dietary Fiber	0g 0%	0g 0%	
Total Sugars	20g	40g	
Incl. Added Sugars	10g 20%	20g 40%	

Happy Day Yogurt Answers

1. Servings Per Container: 2
2. Serving Size: ¾ cup (170 grams)
3. Grams of Added Sugars per Serving: 10
4. Grams of Added Sugars per Container: 20

Yummy Brand Cereal Answers

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