

# Nutrition Tables Cheat Sheet

Name:

Age:

Date:

*This Nutrition Tables Cheat Sheet is designed to help patients understand and interpret nutrition facts labels on food products. It provides a quick reference to key nutritional information, including Daily Values (DV) and Percent Daily Values (%DV), to help patients make informed choices about their diet.*

## Understanding the 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>
Trans 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 240mg	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>	

Centers for Disease Control and Prevention. (2019). *Learn how the new nutrition facts label can help you improve your health.* CDC. <https://www.cdc.gov/nutrition/strategies-guidelines/nutrition-facts-label.html>

**Serving Size:** Indicates the amount of food considered a single serving (e.g., 1 cup). The DVs and %DVs correspond to this serving size. If you consume double the serving size, you should multiply the values by two.

**DV:** Shown in grams or milligrams beside each nutrient. It shows the exact amount of a nutrient in a serving size.

**%DV:** Shows how much a nutrient in a serving of food contributes to your total daily diet, based on a 2,000-calorie diet recommended by the FDA. It simplifies tracking your nutrient intake without having to subtract the actual amount from the raw DV for that nutrient. For example, if a product has 15% DV for total fat, it means it contributes 15% to your daily recommended fat intake. This is easier than subtracting 8 grams (DV of the serving) from 78 grams (recommended DV of the FDA).

If you eat one snack with 13% DV for total fat and then eat a second snack with 12% DV for total fat, you would have consumed 25% of your recommended daily value for total fat. The %DV column doesn't add up vertically to 100%. It represents the percentage of the DV for each nutrient in one serving of the food.

#### **Nutritional Information (Based on FDA's Recommended DV):**

**Calories (Recommended DV: 2,000 calories/day):** Total energy provided by a serving. Manage your daily intake for weight management.

**Total Fat (DV: 78g, %DV: 20% or less):** Includes saturated, trans, and unsaturated fats. Aim for a low intake of saturated and trans fats.

**Cholesterol (DV: 300mg, %DV: 5% or less):** Limit intake to reduce the risk of heart disease.

**Sodium (DV: 2,300mg, %DV: 5% or less):** Keep intake low to maintain healthy blood pressure. High sodium: 20% DV or more.

**Total Carbohydrates (DV: 275g, %DV: varies):** Includes sugars, starches, and dietary fiber. Monitor intake for blood sugar management.

**Dietary Fiber (DV: 28g, %DV: varies):** Aids in digestion and helps lower cholesterol. Aim for high fiber intake.

**Sugars:** Includes added and natural sugars. Limit added sugars to reduce obesity and diabetes risk.

**Protein (DV: varies, %DV: varies):** Essential for building and repairing tissues. Include a source in each meal for muscle health.

**Vitamins and Minerals (DV and %DV vary):** Look for foods high in vitamin D, calcium, iron, and potassium. Aim for 100% DV for essential nutrients.

### Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or tailored %DVs here.