

The Nutrition Facts Label — What does it tell us?

“Just Say Yes” Minestrone Soup

Nutrition Facts

Serving Size 1 cup (240g)

Servings Per Container about 8

Amount/Serving

Calories 100 Calories from Fat 10

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	21%
Sugars 3g	
Protein 7g	

Vitamin A 40% Vitamin C 20%
Calcium 6% Iron 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH



The Nutrition Facts Label — What does it tell us?

Canned, Ready-to-Serve, Chunky Vegetable Soup



Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container about 2

Amount/Serving

Calories 125 Calories from Fat 35

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	37%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 5g	
Protein 4g	

Vitamin A	120%	Vitamin C	10%
Calcium	6%	Iron	9%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.
2. Check Calories.
3. Limit these:
 - Total Fat
 - Saturated Fat
 - Trans Fat
 - Cholesterol
 - Sodium
4. Get enough of these:
 - Fiber
 - Vitamin A
 - Vitamin C
 - Calcium
 - Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH