

Nutrition Labels



Smithsonian
Science Education Center

HOW CAN WE PREDICT CHANGE IN ECOSYSTEMS?
Nutrition Labels
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Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

Datos de Nutrición

Tamaño por Ración (228 g)
Raciones por Envase 2

Cantidad por Ración

Calorías 250 Calorías de grasa 110

% Valor diario*

Grasa Total 12g	18%
Grasa Saturada 3g	15%
Grasa <i>Trans</i> 3g	
Colesterol 30mg	10%
Sodio 470mg	20%
Carbohidrato Total 31g	10%
Fibra Dietética 0g	0%
Azúcares 5g	
Proteínas 5g	
Vitamina A	4%
Vitamina C	2%
Calcio	20%
Hierro	4%

* Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus Valores Diarios pueden ser mayores o menores según sus necesidades calóricas:

	Calorías:	2,000	2,500
Grasas totales	Menos de	65g	80g
Grasas saturadas	Menos de	20g	25g
Colesterol	Menos de	300mg	300mg
Sodio	Menos de	2,400mg	2,400mg
Carbohidratos totales		300g	375g
Fibra dietética		25g	30g

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Why is the information on the labels important?

How does the information relate to what animals need to live and grow?

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Servings Per Container about 2			
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		% Daily Value*	
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

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Datos de Nutrición			
Tamaño por Ración (228 g)			
Raciones por Envase 2			
Cantidad por Ración			
Calorías 250		Calorías de grasa 110	
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Carbohidratos totales		300g	375g
Fibra dietética		25g	30g

1 Ración

2 Cantidad de calorías

3 Limite estos nutrientes

4 Consuma la cantidad suficiente de estos nutrientes

5 Porcentaje (%) de Valor Diario

6 Nota al pie con Valores Diarios

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serv. Size 1/2 cup (25g)		Total Fat 0g	0%	Total Carbohydrate 20g	7%
Servings Per Container about 12		Saturated Fat 0g	0%	Fiber 0g	0%
Calories 80		Trans Fat 0g		Sugars 13g	
Calories from Fat 0		Cholesterol 0mg	0%	Protein less than 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 20mg	1%		
		Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			
		MODIFIED FOOD STARCH (CORN), DEXTROSE, WATER			

Nutrition Facts	
Serving Size 1 oz (28g/about 3 Tbsp)	
Servings Per Container about 16	
Amount Per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	



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Both labels have grams (g) as one unit in the serving size. So figure out how many calories are in one gram of each food.

$$\text{Peanuts} \quad \frac{180 \text{ calories}}{28 \text{ g}} = \frac{6.4 \text{ calories}}{1 \text{ g}}$$

$$\text{Marshmallows} \quad \frac{80 \text{ calories}}{25 \text{ g}} = \frac{3.2 \text{ calories}}{1 \text{ g}}$$

