



Food Nutrition Labels

EAT SMART!

The Nutrition Facts label can help you make healthier choices. **USE IT!**

1. Start with **SERVING INFORMATION**

This will tell you the size of a single serving and how many servings are in the package.

2. Check **TOTAL CALORIES**

Multiply calories by the number of servings in the container to know how many calories you're getting if you eat the whole package.

3. **LIMIT certain nutrients**

Compare labels and choose options with lower amounts of added sugars, sodium, saturated fat, and trans fat when possible.

4. Get enough of **BENEFICIAL NUTRIENTS**

Eat foods with nutrients your body needs, like calcium, choline, dietary fiber, iron, magnesium, potassium, and Vitamins A, C, D and E.*

What is % Daily Value?

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.

To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).

To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).



Nutrition Facts

12 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
Calories	60
% Daily Value	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg 30%	
Calcium 28mg 2%	
Iron 1mg 6%	
Potassium 69mg 2%	
Vitamin E 5mg 35%	
Riboflavin 0.3mg 25%	
Folate 45mcg 10%	
Vitamin B12 1mcg 40%	
Biotin 10mcg 35%	
Pantothenic Acid 1mg 20%	
Iodine 60mcg 40%	
Zinc 1mg 10%	
Selenium 22mcg 40%	
Molybdenum 8mcg 20%	
Choline 147mg 25%	

*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.

Saturated Fat 25% less than ordinary eggs:
1g vs 1.5g (quantities rounded)



American Heart Association®

Hard Hats with Heart™

Learn more at [HEART.ORG/EatSmart](https://www.heart.org/EatSmart)

*Source: 2015 –2020 Dietary Guidelines for Americans