Understanding how to read a nutrition label is an important part of making healthy eating decisions. As a fun way to test your nutrition language skills, try comparing the labels of natural and unnatural peanut butters the next time you're at the supermarket!

**The Breakdown**

**Calories**
Listed in amount per serving and show how much of them are fat

**% Daily Value**
Don't forget to consider these per serving, too.

**The Footnote**
Shows alternate values for 2000- and 2500-calorie diets. Don't forget that some people don't need 2000 Calories/day

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**What to limit**
- Fat
- Cholesterol
- Sodium
- Sugar

**What to get more of**
- Fiber
- Vitamins A & C
- Iron
- Calcium

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**Looking at your plate in a new way**

Choose [MyPlate.gov](http://MyPlate.gov)

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**What’s “enough”?**
*Per Day aim for:
- < 65 g fat
- 50-60 g protein
- < 300 g cholesterol
- About 300 g carbs