



Nutrition Information Resources

- [2010 Dietary Guidelines for Americans](#)
- [American Dietetic Association](#)
- [ChooseMyPlate.gov](#)
- Campbell, BI, and Spano, MA. NSCA's Guide to Sport and Exercise Nutrition. Champaign, IL: Human Kinetics; 2011.
- Reimers, K. NSCA Essentials of Strength and Conditioning (3rd ed.) Champaign, IL: Human Kinetics; 201-233, 2008.
- Nutrition labels (become familiar with navigating a label; see pages 2 & 3)

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 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	
Protein 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
Sat 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

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

US Food and Drug Administration. How to Understand and Use the Nutrition Facts Label. (<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>). Updated March 2011.

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	% Daily Value
Calories 20	
Calories from Fat 20	
Total Fat 2 g	3%*
Saturated Fat 0.5 g	3%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0.5 g	†
Vitamin A 4250 IU	85%
Vitamin D 425 IU	106%
Omega-3 fatty acids 0.5 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: Cod liver oil, gelatin, water, and glycerin.

US Food and Drug Administration. Tips for Older Dietary Supplement Users.

<http://www.fda.gov/food/dietarysupplements/ConsumerInformation/ucm110493.htm>. Updated June 2011.