



simply healthy

from your Hannaford Dietitian

Nutrition Facts Label: An Overview

Learning how to read a Nutrition Facts label can help you in eating a healthy, balanced diet!

1. Serving Size

This is a great place to start because all the label information is based on one serving of the food. Check the total number of servings in the package. If the serving size is one cup and you eat two, you are getting twice the fat, calories and other nutrients listed.

2. Calories

This line tells you the number of total calories in one serving and the number of calories that come from fat. Products that are fat-free are not always calorie-free. If you are watching your weight, cutting back on both calories and fat is a smart choice!

General guide to calories:

- 40 calories is low
- 100 calories is moderate
- 400 calories or more is high

3. Percent Daily Value (%DV)

Refer to this section to see how the nutrients in one serving contribute to a total daily diet based on 2000 calories. You may need more or less calories—which also means you will need more or less than 100% Daily Value (DV) for some nutrients. For a personalized plan, visit www.choosemyplate.gov or talk to one of Hannaford's registered dietitians.

4. Nutrients to Limit

To decrease your risk for heart disease, some cancers and high blood pressure, aim for low % DVs for total fat, saturated fat, cholesterol and sodium.

5. Nutrients We Need

Aim for high % DVs for fiber, vitamins A and C, calcium and iron to keep you healthy and reduce your risk of health problems like osteoporosis and anemia. Eating fruits and vegetables at meals and snack time is a great way to get more nutrients!

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260 Calories from Fat 120	
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



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Food Package Claims

What They Mean

Fat Free

Less than 0.5 grams of fat per serving

Light or Lite

One-third fewer calories, or half the fat, of the reference food. If the food derives 50% or more of the calories from fat, the reduction must be 50%.

Low Sodium

140 mg or less per serving

Low Calorie

40 calories or less per serving

Low Cholesterol

20 mg or less cholesterol and 2 grams or less saturated fat per serving

Low Fat

3 grams or less of fat per serving

No Trans-Fat/Trans-Fat Free

Less than 0.5 grams per serving

Reduced, Less, Fewer (such as Reduced Fat or Reduced Sodium)

Nutritionally altered to contain at least 25% less of the nutrient, or of the calories, than the reference food. Reduced claims cannot be made if it is already labeled as low.

All Natural/ 100% Natural

The natural food claim on a processed food has no standard definition and really has no meaning at all, for which an item labeled natural may not contain any artificial flavors, colors, or chemical preservatives. Note that, in the processed food arena, a "natural" product can be virtually anything – genetically modified, full of pesticides, made with corn syrup, additives, preservatives and artificial ingredients.

Cholesterol Free

Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving

Gluten Free

Currently, there is no FDA regulation that defines the term "gluten free". However, the FDA has not objected to the use of the term "gluten free" in the labeling of foods, provided that, when such a claim is made, it is truthful and not misleading. Yet, some foods with the gluten-free label will still contain gluten.

Certified Gluten Free

Look for the Gluten Free Certification Organization (GFCO) GF symbol to ensure product is gluten free. As a Global program, the GFCO uses the highest standards for gluten-free ingredients and a safe processing environment based on a continual review of the current scientific and testing methodologies.



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