



Nutrition Facts Label

The nutrition label is a key tool that helps us choose more nutritious foods when we buy them. It provides detailed information about a product's nutrient content, such as calories, fats, carbohydrates, proteins, vitamins, and minerals, usually based on a specific serving size. Learning to read it correctly allows us to compare products and select the healthiest option.

Main parts of the nutrition label

Serving

- Indicates how much of the product counts as a serving.
- All nutritional information is calculated using that amount.

Calories

- These show the number of calories each serving provides.
- The number of calories in a serving should be observed. If you eat two servings, you should double the calories and nutrients.
- The number of calories is classified as follows:
 - Low:** 40 calories or less
 - Moderate:** 100 calories
 - High:** 400 calories or more

Main nutrients

- Includes: total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars (including added sugars), proteins, vitamins, and minerals.

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*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.

Percent Daily Value (%DV)

- It indicates how much a nutrient contributes to the daily diet.
- Based on an average diet of 2,000 calories.
 - 5% or less = **low**
 - 20% or more = **high**
- Often try to eliminate foods that are:
 - Higher in %DV of dietary fiber, vitamin D, calcium, iron, and potassium.
 - Lower %DV of saturated fat, sodium, and added sugars.

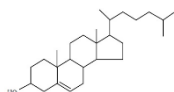
General recommendations

Limit these nutrients

- Saturated fats and trans fats:
 - No saturated fat: less than 0.5 grams of saturated fat.
 - Trans fat-free: less than 0.5 grams of trans fat.
 - Low-fat: 3 grams or less of total fat.
 - Low in saturated fat: 1 gram or less of saturated fat.



- Sodium (salt):
 - Sodium-free: less than 5 mg per serving.
 - Very low in sodium: 35 mg or less.
 - Low sodium: 140 mg or less.
- Cholesterol:
 - Cholesterol-free: less than 2 mg per serving.
 - Low cholesterol: 20 mg or less.
 - Reduced cholesterol: at least 25% less cholesterol than the regular version.
- Added sugars:
 - Sugar-free: less than 0.5 grams per serving.
 - Reduced sugar: at least 25% less per serving than the regular version.
 - No added sugar: No sugar or any sugar-containing ingredients are added during processing.



Consume more of these nutrients

- Fiber
 - Dietary fiber can help lower blood cholesterol levels, promote feelings of fullness, and support a healthy weight. Adults need at least 25 to 34 grams of fiber a day for good health.
- Vitamins and Minerals

- Make sure you're getting enough nutrients your body needs, such as calcium, dietary fiber, iron, potassium, and vitamin D.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

References:

<https://diabetes.org/espanol/entendiendo-las-etiquetas-de-los-alimentos>

<https://www.fda.gov/food/nutrition-facts-label/como-entender-y-utilizar-la-etiqueta-de-informacion-nutricional>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>

Prepared by licensed Health Educators.

Created in May 2026.

©First Medical Health Plan, Inc.