

Understanding the Nutrition Label: Vitamins, Minerals and Protein

Learning for Life

Look at the % Daily Value to see if a food is high or low in a nutrient !

**The University of Georgia
Cooperative
Extension**

**Contact your local
office at**



- **A food is low in a nutrient if the % Daily Value is less than 5%.**
- **A food is high in a nutrient if the % Daily Value is 20% or more.**
- **For some nutrients like sodium, keep the total intake for the day less than 100% of the Daily Value.**
- **For nutrients that may be low in the diet, get at least 100% of the Daily Value from a variety of foods.**



◆ Each Day -

- Consume 100% of the Daily Value of Vitamin A .
- Consume at least 150% of the Daily Value for Vitamin C .
- Consume at least 120% of the Daily Value for Calcium.
- Limit your intake of iron to 50% of the Daily Value for Iron.



- ◆ Divide your weight in half to get the grams of protein you need per day.



**Choose food over supplements
if possible**

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