Printable Nutrition Fact Template

Brand name:	
Product name:	**Net weight of product:**

This Nutrition Facts Template is designed to help you create accurate and compliant nutrition labels for your food products. It provides a standardized format to display essential nutritional information, enabling consumers to make informed dietary choices.
Use the first page as reference. You can Print the second page for use with food products.

Understanding the label

Serving size: The amount of food typically consumed in one sitting. Always check the serving size to accurately assess the nutritional content.

Calories: Indicates the total energy provided by a serving. Use this to manage your daily calorie intake for weight management.

Total fat (DV: 78g): Includes saturated, trans, and unsaturated fats. Aim for lower intake of saturated and trans fats to reduce heart disease risk.

Cholesterol (DV: 300mg): High cholesterol levels can increase heart disease risk. Limit intake, especially from animal sources.

Sodium (DV: 2,300mg): High sodium intake can lead to high blood pressure. Look for foods with lower sodium content.

Total carbohydrates (DV: 275g): Includes sugars, starches, and dietary fiber. Balance intake according to your energy needs and dietary goals.

Dietary fiber (DV: 28g): Important for digestive health and can help lower cholesterol levels. Aim for high fiber foods.

Sugars: Includes added and natural sugars. Limit added sugars to reduce the risk of obesity and Diabetes.

Protein: Essential for building and repairing tissues. Include a source of protein in each meal.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* 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.

Centers for Disease Control and Prevention. (2019). *Learn how the new nutrition facts label can help you improve your health*. CDC. https://www.cdc.gov/nutrition/strategies-guidelines/nutrition-facts-label.html

Nutrition Facts

servings per container

Serving size ( )

Amount per serving

Calories ( )

% Daily Value*

Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugars	%
Protein	
	%
	%
	%
	%
	%

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.