Sample Food Label

Fat should amount to no more than 30% of your daily calories. Based on a 2,000-calorie diet, this would equate to no more than 600 calories from fat for the entire day.

While it’s good that this product has no trans fat, it has significant saturated fat. Less than 10% of your daily calories should come from saturated fat – this product already provides a quarter of what you should consume in 1 day.

This serving size is 1 cake, but 5 cakes come in the package. If you eat them all, you need to multiply all of the following nutrition facts by 5.

The following percentages represent how much this product counts toward the recommended daily amount. It is based on 2,000 calories.

This product would not be a good choice if you were following a low-carb diet.

Your goal should be to consume 100% of these vitamins and nutrients per day. This product would not be a good choice for helping to meet that goal.

Every food label attaches this information at the end. It is a summary of the recommended total amounts you should consume each day – based on either a 2,000-calorie or 2,500-calorie diet.