

Read the Food Label



Food labels help you choose foods that are lower in calories and sugar. Watching your calories and portion sizes can make it easier to reach or stay at a weight that's healthy for you. Learn about how to read food labels, starting with this one for sweetened tea.

1 Serving size and number of servings

The serving size is 8 ounces, which is half the bottle of tea.

2 Amount per serving

The amounts are for one serving. But as you can see here, one serving is sometimes much less than the amount in the whole bottle.

3 Calories

The amount of calories in one serving is here. The amount of calories in the whole bottle is twice that.

4 Carbohydrates and sugar

The amount of carbohydrates in one serving is here. The amount of sugar is shown under carbohydrates.

Sweetened Tea

Nutrition Facts	
2 servings per container	
Serving size	8 fl oz (248g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 32mg	0%

*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.

The choice is yours – compare!

Which one would you choose? Sweetened tea has a lot of calories, and all of the calories are from sugar. Read food labels to find low-sugar, low-calorie options.

Amount Per Serving	70
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	

Sweetened tea

A bottle of sweetened tea has 140 calories and 36 grams of sugar.

Amount Per Serving	0
Calories	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

Unsweetened tea

Unsweetened tea has 0 calories and 0 sugar. Save calories: choose unsweetened tea, diet soda, sparkling water, or water.

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

