

Five Looks at a Label

~10 SECONDS

nuSTART

Two seconds per look, in the order the package presents them.

Most packaged foods answer the same five questions, in the same few places. **The order below is the path across the package** — down the panel, into the ingredient list, then back to the front.

THE FIVE

- 1 Serving size.** Every amount in the panel describes one serving — and a package may hold several. It says how many.
- 2 5 and 20.** % Daily Value says if a serving is low or high in a nutrient. The FDA's guide: 5% or less is low, 20% or more is high.
- 3 Added sugars.** They sit on their own line under Total Sugars. The gap between the two lines is the sugar the food already had.
- 4 The first two ingredients.** Ingredients are listed by weight, heaviest first. The first one or two tell you what you are mostly eating.
- 5 Front against back.** A phrase on the front is the maker's summary. The panel and the ingredient list are the detail behind it.



THE SAME FIVE, RUN ON ONE REAL LABEL

This is a real single-serve flavored yogurt — we redrew its label and took the brand off. Every number is the label's own; the pink marks are ours.

Nutrition Facts

Servings: 1, **Serving Size: 1 Container (150g),**

Amount per serving: **Calories 140**, **Total Fat** 2.5g (3% DV), Saturated Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 15mg (5% DV), **Sodium** 75mg (3% DV), **Total Carbohydrate** 17g (6% DV), Dietary Fiber <1g (2% DV), Total Sugars 16g (**Includes 10g Added Sugars, 20% DV**), **Protein** 11g (22% DV), Vitamin D (0% DV), Calcium (10% DV), Iron (0% DV), Potassium (4% DV).

INGREDIENTS, AS PRINTED — Cultured reduced fat milk, **cane sugar**, lemon pulp, water, fruit pectin, natural flavors, lemon juice concentrate, guar gum, turmeric (for color). **FRONT OF PACK** — “Only natural ingredients.”

- 1** One container is one serving.
- 2** Added sugars 20%, protein 22% — both high.
- 3** 16g sugars, 10g added — 6g from the milk.
- 4** Cane sugar, second of nine ingredients.
- 5** The front claim sits on top of both.

Protein high, added sugars high, fiber low — the same scale, three answers. **The choice stays yours.**

THE SHORT VERSION — CARRY THIS PART

Serving → 5 and 20 → Added sugars → First two → Front against back

Run it once this week on something you already buy. Nothing to change yet — just look.

Sources: U.S. Food and Drug Administration — **How to Understand and Use the Nutrition Facts Label** (serving size, %DV, the 5%/20% guide, added sugars) and **Label Claims for Conventional Foods** · 21 CFR 101.9 and 101.4 (ingredients in descending order of predominance by weight). Panel and list redrawn from a real container; brand removed, values verbatim. NuStart Health reference sheet · September 2026 Wellness Station. **Wellness education, not medical advice.** For questions about your health, medications, or a condition you manage, discuss them with your primary care provider.