Using the Nutrition Facts Label for Canned Pumpkin

Companies can make a legal health claim that their product is a good source or excellent source of a major nutrient such as Vitamins A and C; the minerals Calcium and Iron; or Dietary Fiber. To claim that a food is a good source it must have at least 10% DV per serving of the nutrient. A food that is an excellent source must have 20% DV per serving of the major nutrient.

DV stands for Daily Value. The percentage DV is based on a 2000-calorie diet on most Nutrition Facts Labels. You will need to adjust the amount you need in a day if you are trying to eat more or less than 2000 calories each day.

Use your Nutrition Facts Labels to help you make good, healthy choices that will help prevent chronic diseases.


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