Percent Daily Value Reading Sheet

Read the nutrient before judging the number

A general reference cannot supply an individual feeding prescription.

Hypothetical example: An adult and child compare a named nutrient on matching serving sizes without scoring either person's food intake.

01 Keep the number attached to its nutrient

Choose one label and locate the named nutrient and serving.

Product used for lesson

Nutrient line read

Serving and column

02 Use the general guide as a guide

Apply the FDA general low-or-high reference accurately.

Printed percent Daily Value

General guide interpretation

Limit of that interpretation

Percent Daily Value Reading Sheet / Review & follow-through

03 Compare on a common basis

Compare a second product only on a supported common basis.

Second product basis

Serving match or missing conversion

Other decision information

04 Leave a usable observation instead of a verdict

Record the narrow observation and any need for individual guidance.

Supported label observation

Question for appropriate professional

Ordinary household next step