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How to Understand and Use the Nutrition Facts Label | FDA

The main types include, vitamin A, vitamin C, calcium, and iron. Vitamin D and potassium also are important. Talk to your doctor about what vitamins and minerals you need and how much. Others nutrients are bad for you and should be eaten less.

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The Nutrition Facts label is required by the Food and Drug Administration (FDA) on most packaged foods and beverages. The Nutrition Facts label provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it has.

Nutrition Facts: A guide to food labels - Mayo Clinic

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