



The Daily Requirement Intake (RDI) for an average grown up.

HOW TO READ A NUTRITION LABEL

Nutrition Facts

Servings per pack: 10 Serving size: 200ml

Average quantity	per serving	%DI per serving ^	per 100ml
Energy	388kJ (93 Cal)	4%	194kJ (46 Cal)
Protein	7g	13%	3.5g
Fat; Total	3g	4%	1.5g
- Saturated	2g	8%	1g
- Other	1g	3%	0.5g
Carbohydrate	10g	4%	5g
Sodium	.08g	24% RDI*	.04g
Calcium	.24g		.12g

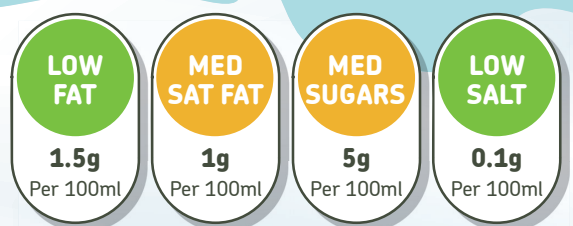
Ingredients: Milk

Per Serving
How much of each thing is in it?

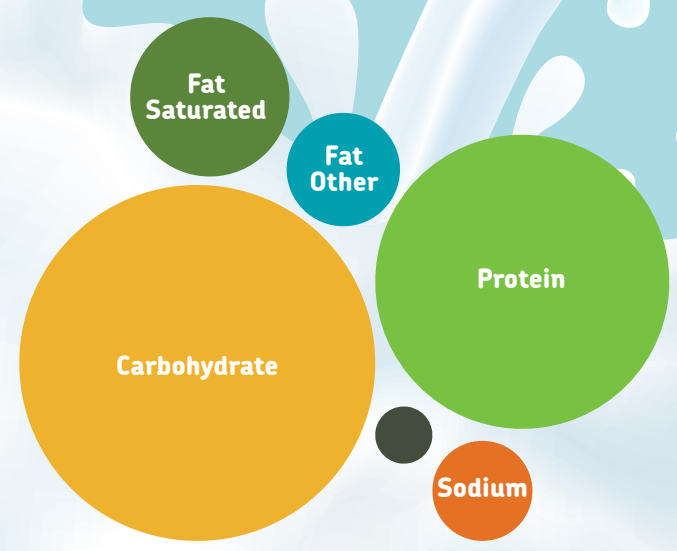
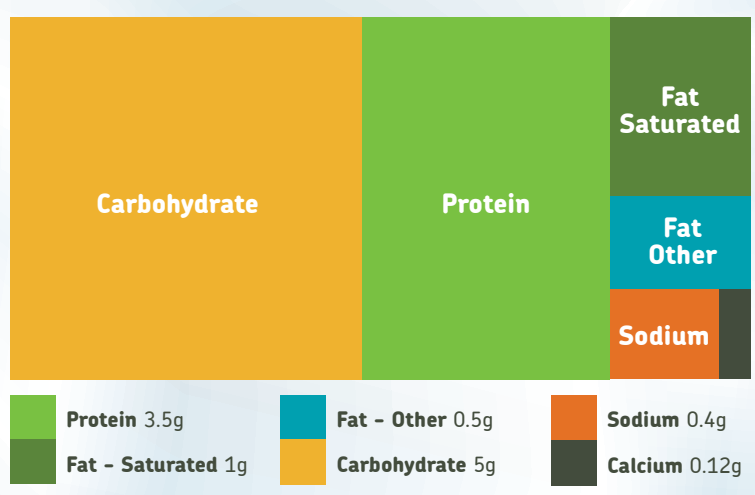
DI
How much of this should I have each day?

% DI
How much of the daily amount will I have had?

Per 100ml
How does it compare to other foods?



Visual adapted from Food Switch which rounds 1DP



Treemap and Bubble Chart visualisations adapted from Many Eyes