

Reading Food Labels

What Do Food Labels Tell You?

- Calories and nutrients, serving size and % Daily Value compared to a 2000 calorie diet
- Ingredients – these are listed in order of greatest to least
- If the food is organic or has any health claim – if you want more information on claims go to <http://www.cfsan.fda.gov/~dms/flg-6c.html>

Use the Nutrition Facts label to:

- Pick a healthy amount of calories for you
- Avoid saturated fat, trans fat, sodium and added sugars in foods
- Eat more whole grains, fiber, vitamins and minerals

Now Lets Look at a Label!!!!

This is where you will find the number of calories per serving and the calories from fat in each serving.

There is 2.5 grams of total fat in 1 container of yogurt

Nutrition Facts		
Yogurt		
Serving Size: 1 Container (227 grams)		
Calories: 250	Calories from fat:	
20		
Amount Per Serving	%Daily Value	
Total Fat: 2.5 g	4%	
Saturated fat: 1.6 g	8%	
Cholesterol: 15 mg	5%	
Sodium: 110 mg	5%	
Total Carbohydrate: 48 g	16%	
Dietary Fiber: 0 g		
Sugars: 47 g		
Protein: 8 g		
Vitamin C: 0%	Vitamin A: 0%	
Calcium: 40%	Iron: 4%	

START HERE! And look at the serving size
The Nutrition Facts label shows this entire yogurt is ONE serving, but many packages contain more. Look at the serving size to know how many servings you are really eating.

% Daily Value (DV) can help you figure out if a food is HIGH or LOW in a nutrient,

Use the 5-20 Rule

- If the % DV is 5 or less then it is low in that nutrient,
- If the % DV is 20% or more then it is high in that nutrient.

The %DV is based on a 2,000-calorie diet – your needs might be more or less than this.

On this label Total Fat is 4% DV, which means it is low. Aim for less than 5% DV for fat, saturated fat, sodium and sugars. Aim for foods with 20% DV or more for nutrients such as fiber, vitamins and minerals

Test your knowledge on this Nutrition Facts label

Start Here

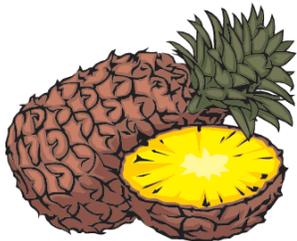
Question #1: How many slices of pineapple equal one serving?

Question #2: Vitamin C helps us fight against colds! Can you tell what the %DV for Vitamin C is in one serving of pineapple?

Question #3: Is this a high %DV for Vitamin C?

Question #4: How many grams of Carbohydrate and Sugar are in one serving?

Nutrition Facts			
Serving Size 2 slices, 3" diameter, 3/4" thick			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	4%		
Sugars 10g			
Protein 1g			
Vitamin A 2%	Vitamin C 50%		
Calcium 2%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4



Answers:

1. 2 slices
2. 50%
3. Yes, if it 20% or more it is a good source
4. 13 gm carbohydrate and 10 of those grams are from naturally occurring sugar

Websites to visit for more information:

Teen Health @ Kids Health – click on Food Labels
<http://www.kidshealth.org>

Food Labels – click on Food Labeling and Nutrition
<http://www.cfsan.fda.gov>

Dietary Guidelines
<http://healthierus.gov/dietaryguidelines>

