

READING FOOD LABELS

In order to make wise, nutritious choices in the grocery store, we must first become knowledgeable on how to properly read a food label. The FDA (Food and Drug Administration) has set several standards to help make food labels more “user-friendly”. By understanding the different components of a food label, one can continue making healthy choices on a daily basis.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* 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
Sat 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

Serving Size - Amount of food the nutrition label is based on.
Servings Per Container – How many servings are in the package.

NOTE – It is important to know the serving size so you can determine how many calories you are getting based on the portion you eat!

Calories – How many calories are in each serving...not the entire package!

Example – If you ate the entire package of this product, you would get 500 calories since there are two servings/package.

% Daily Value – Each day, a person is supposed to get a specified amount of nutrition from fats, proteins, carbohydrates, vitamins and minerals. The numbers highlighted in purple represent what percentage of that nutrition this food provides.*

* The % listed are based on a 2,000 calorie diet. If you eat more or less, your % will be different.

Fat/Cholesterol/Sodium – People should limit the amount of these they get from their diet. (see listing to right)

Fat = <30% of your total calories.
Saturated Fat = <7% of total calories.
Trans Fat = no set value....LIMIT
Cholesterol = <300 mg/day
Sodium = <2300mg/day (healthy)
 <1500mg/day (high BP)

Focus on foods high in **Fiber, Vitamin A, Vitamin C, Calcium and Iron.**

How Much Fiber???
 Females < 50 = 25 grams/day
 Females > 50 = 21 grams/day
 Males < 50 = 38 grams/day
 Males > 50 = 31 grams/day