

The information on the rest of the label is based on data for one serving. If the serving size is 1 cup and you eat 2 cups, then you will need to double the numbers on the label.

Total fat is important to watch, but saturated fat is less healthy for you. Some diettians recommend you count total grams of fat you eat daily.

Along with the saturated-fat information above, cholesterol amounts are important for anyone concerned about heart disease.

Fiber, vitamins A and C, calcium and iron are listed because people do not eat enough of these everyday. Try to eat at least 100% of the daily value of each of these everyday.

Most healthy people need 50 to 70 grams of protein per day.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

The closer this number is to the food's total calories, the more fat the food contains. Try to find foods with low amounts of calories from fat.

%DV is based on a calorie diet. Your daily values may be higher or lower depending upon your calorie needs. A good rule of thumb is if the food has less than 5% of DV, it can be considered a **low** source of that nutrient. If it has great than 20% of DV, it can be consider a **high** source of that nutrient. The DVs for sodium and cholesterol are the same for everyone, regardless of total calories consumed, so you do not have to make adjustments based on your caloric needs.

Sodium (or salt) levels are important to monitor if you have high-blood pressure.

These fit into two categories: complex carbohydrates (dietary fiber) and simple carbohydrates (sugars). You want to eat more complex carbohydrates and fewer simple carbohydrates. 4 grams of sugar is equivalent to 1 teaspoon. Total carbohydrates include sugar, dietary fiber, and other carbohydrates. A food that has 3 grams or more of fiber can be considered a good fiber source.

The percent Daily Values based on a 2,000-calorie diet is about right for moderately active women, teenage girls, and sedentary men. Other target levels:  
 1,600 calories – many older adults, children and sedentary women  
 2,500 calories – many men, teenage boys and active people  
 2,800 calories – some active men and teenage boys and very active women

Note that one gram of fat has over twice as many calories as carbohydrates or protein



## NUTRITION LABEL QUICK REFERENCE GUIDE



Anything's possible.  
**STRONG HEALTH**

## FOOD PACKAGING QUICK REFERENCE GUIDE

Knowing how to use information on food packaging can help you make better food choices that make a healthy diet. Manufacturers provide information in three ways: nutritional claims, ingredient lists, and the nutrition facts panel.

### DIETARY GUIDELINES

- Eat a variety of foods to get the energy (calories), protein, vitamins, minerals, and fiber you need.
- Maintain a healthy weight to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers, and the most common kind of diabetes.
- Choose a diet low in fat, saturated fat, and cholesterol to reduce your risk of heart disease and certain types of cancer. Because fat contains more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat can help you maintain a healthy weight.
- Choosing a diet with plenty of vegetables, fruits, and grain products provide needed vitamins, minerals, fiber, and complex carbohydrates. They are generally lower in fat.

- Use sugars only in moderation. A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.
- Use salt and other forms of sodium only in moderation to help reduce your risk of high blood pressure.
- If you drink alcoholic beverages, do so in moderation. Alcoholic beverages supply calories, but little or no nutrients. Drinking alcohol is also the cause of many health problems and accidents and can lead to addiction.

### NUTRIENT CLAIMS DEFINITIONS

**Calorie Free** Fewer than 5 calories per serving

**Light (Lite)** 1/3 less calories or no more than 1/2 the fat of the higher-calorie, higher-fat version; or no more than 1/2 the sodium of the higher-sodium version

**Fat Free** Less than 0.5 gram of fat per serving

**Low Fat** 3 grams of fat (or less) per serving Reduced or Less Fat At least 25% less fat per serving than the higher-fat version

**Lean** Less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol per serving

**Extra Lean** Less than 5 grams of fat, 2 grams of saturated fat, and 95 milligrams of cholesterol per serving

**Low in Saturated Fat** 1 gram saturated fat (or less) per serving and not more than 15% of calories from saturated fatty acids

**Cholesterol Free** Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat per serving

**Low Cholesterol** 20 milligrams of cholesterol (or less) and 2 grams of saturated fat (or less) per serving

**Reduced Cholesterol** At least 25% less cholesterol than the higher-cholesterol version, and 2 grams (or less) of saturated fat per serving

**Sodium Free (No Sodium)** Less than 5 milligrams of sodium per serving, and no sodium chloride (NaCl) in ingredients

**Very Low Sodium** 35 milligrams of sodium (or less) per serving

**Low Sodium** 140 milligrams of sodium (or less) per serving

**Reduced or Less Sodium** At least 25% less sodium per serving than the higher-sodium version

**Sugar Free** Less than 0.5 gram of sugar per serving

**High Fiber** 5 grams of fiber (or more) per serving

**Good Source of Fiber** 2.5 to 4.9 grams of fiber per serving

You don't have to try to remember all these! But notice that the key words follow the same pattern for each nutrient:

**Free** has the least amount.

**Very Low** and **Low** have a little more.

**Reduced** or **Less** always means that the food has 25% less of that nutrient than the reference (or standard) version of the food. And all these terms are based on standard serving sizes.

### INGREDIENT LIST

Ingredients are listed in order from the most to the least. The earlier you see an unhealthy ingredient listed, the less healthy that food product is for you.

### INGREDIENT LIST

**There are four types of fat:** saturated, monounsaturated, polyunsaturated and trans. Like saturated fats, trans fats are bad for the heart and should be avoided. At this point in time, these are not yet listed under "Nutrition Facts." You should look in the ingredients section for phrases such as "**hydrogenated**" or "**partially hydrogenated**" fat, oil or shortening to learn if they are present in the food you are buying.

To find out whether a sweetener has been added to a food (beyond sugars that are present naturally), look for terms such as sugar (sucrose), fructose, maltose, lactose, honey, syrup, corn syrup, high-fructose corn syrup, molasses, and fruit juice concentrate.