

Reading Food Labels is a Healthy Habit

Serving sizes are uniform and consistent across similar product lines.

Divide **Calories from Fat** by **Calories** to find what percentage of the food is fat. (In this example, almost 50%.)

List of nutrients relevant to health problems in the U.S.

Listed for its role in preventing osteoporosis.

Based on eating 2,000 calories a day because that is the number of calories needed by an average person.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 13g | 20% |
| Saturated Fat 5g | 25% |
| Cholesterol 30mg | 10% |
| Sodium 660mg | 28% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |

| | |
|---------------------|---------------------|
| Vitamin A 4% | Vitamin C 2% |
| Calcium 15% | 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

Tells how much of your day's allowance for the nutrient is used up when you eat the food. At the end of the day, the totals for each nutrient should equal 100% if you are eating 2,000 calories.

Limit to 30% of daily calories, 66g.

Saturated, monounsaturated, and polyunsaturated.

Listed separately because of its connection with heart disease. Limit to 10% of daily calories.

Limit to less than 300mg a day.

Limit to less than 2,400mg a day.

Complex carbohydrates, simple carbohydrates (sugars), and fiber. Eat about 60% of daily calories from carbohydrate-rich foods.

Beneficial against colon cancer. Increase to about 25g a day.

Listed due to their antioxidant activity.

Protects against anemia.

A more generous calorie amount for more active people.

- You will not find labeling on produce, raw meat, seafood, or poultry. (Grocery stores may voluntarily post the information.)
- Foods served in restaurants, airplanes, hospitals, bakeries, and vending machines do not have to provide nutrition facts.
- If the package is quite small, the bottom section of the nutrition label may be eliminated.
- Packages with less than 12 square inches available for labeling do not have a nutrition panel. However, they must print an address or phone number so the consumer can obtain information.