

FOOD LABEL READING

Food labels showcase the ‘recipe’ of a food item. Make healthier choices by understanding food labels!

SERVINGS & CALORIES

Notice that this sample nutrition label item offers 245 calories per 180 gram serving. The serving size is not a recommendation for how much you should eat. You could need more or less of that food depending on your specific needs. Think of it as a ratio and use that as your guide!

Calories are a unit of measure to quantify how much energy you will receive from eating that food. The more calories you consume, the more energy you consume.

NUTRIENTS

The nutrients listed on labels include macronutrients and micronutrients that can impact our health. Total fat, total carbohydrates, and protein are macronutrients that are identified.

Saturated fat, trans fat, cholesterol, sugar, and sodium are nutrients that many Americans consume in excess. Dietary fiber, vitamin A, vitamin C, calcium, and iron are nutrients that Americans generally consume too little of.

% DAILY VALUE

The %DV shows how much a nutrient in a serving of a food contributes to a standard 2,000 calorie diet. It helps you decide whether a food is high or low in a nutrient.

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

INGREDIENTS LIST

The ingredients on food labels are listed in order with the main ingredient listed first, and the ingredient in the smallest quantity listed last. The ingredients list always includes allergens with a “contains” statement.

Nutrition Facts

| | |
|--|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (180g) |
| Amount per serving | |
| Calories | 245 |
| % Daily Value* | |
| Total Fat 12g | 14% |
| Saturated Fat 2g | 10% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 8mg | 3% |
| Sodium 210mg | 9% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 5g | |
| Includes 4g Added Sugars | 8% |
| Protein 11g | |
| Vitamin D 4mcg | 20% |
| Calcium 210mg | 16% |
| Iron 4mg | 22% |
| Potassium 380mg | 8% |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

APPLICATION

UNDERSTANDING FOOD LABELS HELPS YOU...

- UNDERSTAND THE NUTRITION COMPOSITION OF FOODS
- SHOP SMART BY AVOIDING FALSE CLAIMS AND GREENWASHING TACTICS
- COMPARE THE NUTRITION OF SIMILAR FOOD ITEMS
- MAKE INFORMED DECISIONS ABOUT NUTRITION FOR YOUR HEALTH GOALS