

understanding nutrition labels on foods



> Serving Size

The serving size lists the amount of food that the nutrition facts are based on. Pay attention to how much you are eating and make adjustments to the nutrients based on those amounts.

> Servings per container

The label tells you how many servings are in the package. If you are consuming the entire package of a food item, know how much of the nutrients you are consuming.

> Calories and Calories from Fat

The number of calories tells you how much energy you will get from that food. Calories may come from carbohydrates, protein or fat. Foods that are 400 calories or more per serving are considered high in calories. Foods that are 100 calories or more per serving is moderate, and 40 calories or fewer per serving is low. The calories from fat tells you how much of the total amount of calories are provided by fat. It is best to keep fat less than 30 percent of the total calories.

> Total Fat

The total fat is the number of fat grams contained in one serving of food. Saturated fats and trans fats raise cholesterol and will be listed separately. Foods high in these fats should be avoided.

> Cholesterol and Sodium

Many people with high blood pressure or cardiovascular disease need to limit their sodium and cholesterol intake. Look for foods that contain less than 5 percent of the Daily Value.

> Total Carbohydrate

Carbohydrates are the body's primary energy source. Choose healthy high-fiber carbohydrates like whole grains, vegetables, beans and fresh fruits. Look for foods that contain 2-3 grams of fiber per serving. Limit foods with added sugars. Added sugars are listed separately to help consumers understand how much sugar has been added to the product.

> Protein

Most people get plenty of protein, which is a major component of our muscles, organs and blood. Healthy protein sources include lean meats, beans, nuts and eggs.

> Vitamin D and Potassium

Americans don't always get enough of them. Vitamin D is important for its role in bone health, and potassium helps to lower blood pressure.

> Vitamins A, C, Calcium and Iron

Nutrient rich foods will contain 20 percent or more of these essential nutrients.

> Percent Daily Value

Daily Values represent the recommended amount of nutrients based on a 2,000 calorie diet. Daily Values are reported in percentages. A food high in a nutrient provides 20 percent of the Daily Value, 10-19 percent is considered a good source and 5 percent or less is considered a low source of that nutrient.

> Ingredient List

Ingredients are listed on the food label in order of descending weight from most to least. Avoid foods that have fats or sugars listed in the first few ingredients. Sugars may be listed as dextrose, sucrose, maltose, corn syrup, high fructose corn syrup, fruit juice concentrate, maple syrup or honey. Fats may be listed as oil, palm oil, coconut oil, hydrogenated oil or partially hydrogenated oil. Ingredient lists may also be used to avoid foods that may cause an allergic reaction.

> New Label: What's Different

| Nutrition Facts | |
|--------------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g 5% | |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g 14% | |
| Total Sugars 12g | |
| Includes 10g Added Sugars 20% | |
| Protein 3g | |
| Vitamin D 2mcg 10% | |
| Calcium 260mg 20% | |
| Iron 8mg 45% | |
| Potassium 235mg 6% | |

* 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.

Servings: larger, bolder type

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New: added sugars

Change in nutrients required

New footnote

Source: FDA

> Previous Label

| Nutrition Facts | | | |
|--|----------------------|-----------------------|------------|
| Serving Size 2/3 cup (55g) | | | |
| Servings Per Container About 8 | | | |
| Amount Per Serving | | | |
| Calories 230 | Calories from Fat 72 | | |
| | | % Daily Value* | |
| Total Fat 8g | | | 12% |
| Saturated Fat 1g | | | 5% |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 160mg | | | 7% |
| Total Carbohydrate 37g | | | 12% |
| Dietary Fiber 4g | | | 16% |
| Sugars 1g | | | |
| Protein 3g | | | |
| Vitamin A 10% | | | |
| Vitamin C 8% | | | |
| Calcium 20% | | | |
| Iron 45% | | | |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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 |

Source: FDA

> Updated 2016

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| Amount per serving | |
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| % Daily Value* | |
| Total Fat 8g | 10% |
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| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
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| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
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| * 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. | |