Understanding Food Labels

What can I use the Nutrition Facts label for?

▶ Getting a general idea about what's in a food (i.e. how nutritious a food is).

▶ Figuring out what counts as one serving and how many calories are in each serving.

▶ Comparing two similar products to choose the healthiest option.

❶ START HERE
Start by checking what counts as one serving size and how many servings there are per package.

❷ CHECK CALORIES:
How many calories would you eat if you ate a whole package?
Multiply the number of "servings per container" by the "calories".

❸ LIMIT THESE NUTRIENTS
Aim to eat only small amounts of saturated fat, cholesterol and sodium. Keep *trans*fat to 0.

❹ GET ENOUGH OF THESE NUTRIENTS
Aim to get enough fiber, vitamins and minerals.

❺ QUICK GUIDE TO % DAILY VALUE
•5% or less is Low
•20% or more is High.
Use the % Daily Value to compare similar foods and choose the healthiest option.

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%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Watch out for these common misconceptions:

▶ Assuming sugar-free or fat-free means calorie-free; it's not true!

▶ Buying something because it says "organic", "natural", "multigrain" or has some other "healthy" claim. These statements do not mean a product is good for you!

▶ Assuming that because a package looks like it should only be one serving it actually is. Many beverage bottles and packages of chips, cookies and candy are actually 2 or 3 servings!

Resources: www.fda.gov/food/labelingnutrition/consumerinformation/default.htm