## Understanding Food Labels

## Label Reading for Better Eating

Serving sizes are in common household measurements. Serving sizes are the same for similar products.

**Nutrition Facts** 

Serving Size: 3/4 Cup (170g) Servings Per Container: 4

Amount Per Serving (as prepared)

Calories 289 Calories from fat 117

	% Daily Value * 2
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 530mg	22%
Total Carbohydrate 34g	12%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 9g	
Vitamin A	2%
Vitamin C	2%
Calcium	8%
Iron	10%
* Percent Daily Values are based of diet. Your daily values may be high 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

a food fits into overall daily diet.

% Daily Value shows how

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Ingredients are listed in descending order - main ingredient is listed first, smallest ingredient is listed last.

Ingredients: Enriched Macaroni (Flour, Niacin, Ferrous Sulfate, Thiamine Mono-nitrate, Riboflavin); Cheese Sauce Mix (Whey, Dehydrated Cheese [Granular and Cheddar (Milk, Cheese Culture, Slat. Enzymes)]. Whey Protein Concentrate, Skim Milk, Buttermilk, Sodium Tripolyphosphate, Sodium Phosphate, Citric Acid, Yellow 5 (Color) Yellow 6 (Color), Lactic Acid.

Package A Package B

## **Nutrition Facts**

Serving Size: 1 Cup (25g)

Amount Per Serving (a	s prepared)
Calories 97	Calories from fat 16
	% Daily Value
Total Fat 2g	3%
Saturated Fat 1	g <b>5</b> %
Cholesterol 0mg	0%
Sodium 231mg	10%
Total Carbohydra	ate 18g <b>6</b> %
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A	22%
Vitamin C	22%
Calcium	4%
Iron	2%

diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole Oat Flour (Includes the Oat Bran), Wheat Starch, Sugar, Salt, Calcium Carbonate (Provides Calcium), Trisodium Phosphate, Vitamin C (Sodium Ascorbate), Iron (A Mineral Nutrient), A B Vitamin (Niacin), Vitamin A (Palmitate), Vitamin B6 (pyrodoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), and Vitamin D.

## **Nutrition Facts**

Serving Size: 1 Cup (32g) Servings Per Container: 10

Calories 125	Calories from fat 9
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	9 0%
Cholesterol 0mg	0%
Sodium 227mg	9%
Total Carbohydra	<b>te</b> 26g <b>9</b> %
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A	22%
Vitamin C	22%
Calcium	4%
Iron	22%

Ingredients: Sugar, Corn Flour, Marshmallows (Sugar, Corn Syrup, Dextrose, Modified Food Starch, Gelatin, Artificial and Natural Flavor, artificial color), oat flour, wheat flour, Hydrogenated Coconut and Palm Kernel Oil, Salt, Natural and Artificial Flavor (with BHA added to Preserve Freshness) and Artificial Color (Including

yellow 5). BHT is added to Packaging Material to

diet. Your daily values may be higher or lower

depending on your calorie needs.

Preserve Freshness.

How many servings are in package A:
How much total fat is in one serving of the food in package A?
Which food is lower in total fat, the food in package A or the food in package B?
Which food has more fiber, the food in package A or the food in package B?

Adapted from "Label Reading for Better Eating" and "Comparing the Labels" in "Stretching Your Food Dollars" from the University of Wisconsin Extension.

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