

# Reading Food Labels



## Nutrition Facts

Serving Size 1/2 cup (57g)  
Servings Per Container 15

Amount Per Serving

**Calories** 230    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 11g                      **17%**  
Saturated Fat 2g                    **10%**  
Trans Fat 0g

**Cholesterol** 0mg                    **0%**

**Sodium** 95mg                      **4%**

**Total Carbohydrate** 32g          **11%**

Dietary Fiber 3g                    **12%**

Sugars 18g

**Protein** 5g

Vitamin A 0%                      • Vitamin C 0%

Calcium 4%                         • Iron 10%

\*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	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Review

- Main source of energy for the body:
  - Carbohydrates
- Maintains hair, skin, muscles:
  - Protein
- Keep body's tissue healthy and systems working properly:
  - Vitamins



# Review

- Adds to the strength of our bones:
  - Minerals
- Keeps normal body temperature:
  - Water
- Protects internal organs from injury:
  - Fat



# Stand up if you . . .

- Have ever read a food label?
- Read food labels on a regular basis?
- Actually use the food label to make decisions about what you eat?



# Reading the Label

Current model but will be changing... [Read more HERE!](#)

- Serving Size
- Calories
- Fat content
- Sodium:
  - Less than 2300 mg for adults
- Fiber
- Sugar
- Vitamins
- Minerals

## Nutrition Facts

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

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Saturated 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

**1 Serving Size**

**2 Amount of Calories**

**3 Limit these Nutrients**

**4 Get Enough of these Nutrients**

**5 Percent (% Daily Value)**

**6 Footnote with Daily Values (DVs)**

# Percentage Daily Value

- Based on the recommended nutrient intakes based on caloric needs.
  - RDA: Recommended Dietary Allowance
  - Usually based on 2000 calorie diet
  - Expressed as a % of RDA (need 100% per 24 hour period)

## Nutrition Facts

Serving Size 1/2 cup (57g)  
Servings Per Container 15

Amount Per Serving

Calories 230    Calories from Fat 100

% Daily Value\*

Total Fat 11g    17%

# Check the Ingredient List

- Ingredients are usually listed in the order of the largest weight to smallest
- Check for additives & preservatives
- What is this product?

**Ingredients:** Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less Than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (Including Yellow 6), and Citric Acid.  
**CONTAINS MILK INGREDIENTS.**



# COMPARE LABELS!



## Nutrition Facts

Serving Size 1 oz.

### Amount Per Serving

**Calories** 140      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g      **10%**

Saturated Fat 1g      **4%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 3.5g

**Cholesterol** 0mg      **0%**

**Sodium** 200mg      **8%**

**Potassium** 70mg      **2%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 3g      **10%**

Sugars 2g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 2%

Vitamin E 6%      •      Thiamin 2%

Riboflavin 2%      •      Niacin 2%

Vitamin B<sub>6</sub> 4%      •      Phosphorus 6%

Magnesium 4%      •      Zinc 2%

## Nutrition Facts

Serving Size 1 oz. (28g/About 32 chips)

Servings Per Container 3

### Amount Per Serving

**Calories** 160      **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 10g      **16%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 1g      **4%**

Sugars less than 1g

**Protein** 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

Vitamin E 6%      •      Vitamin B<sub>6</sub> 2%

Phosphorus 4%





# Energy Drinks



- Be careful even when reading nutrition facts
- Make INFORMED decisions
- Today Show Energy Drink Clip
- Nutrition and Health Info Sheet- Energy Drinks

## Supplement Facts

Serving Size 8.0 fl.oz. (240 mL)  
Servings Per Container: 2

Amount Per Serving	% Daily Value	
<b>Calories</b>	<b>10</b>	
<b>Total Carb</b>	<b>3g</b>	<b>1%*</b>
Sugars	3g	†
Riboflavin Vit B2	1.7mg	100%
Niacin Vit B3	20mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	180mg	8%
Taurine	1000mg	†
Panax Ginseng	200mg	†
Energy Blend	2500mg	†
L-Carnitine, Glucose, Caffeine, Guarana, Inositol, Glucuronolactone, Maltodextrin		

\*Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established.

# Overall...

Use the label for your benefit

AND

Maintain variety in your diet

- Never allow your diet to be made up of only a few foods or you will lose out on key nutrients for your body.