

Make Sense of Food Labels

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Sample Label for Macaroni and Cheese

Nutrition Facts															
① Serving Size →	Serving Size 1 cup (228 g) Servings per container 2														
② Calories	Amount Per Serving Calories 250 Calories from Fat 110														
③ Limit These Nutrients (yellow items)	<table border="1"> <thead> <tr> <th></th> <th style="background-color: #cccccc;">% Daily Value</th> </tr> </thead> <tbody> <tr> <td>Total Fat 12g</td> <td>18%</td> </tr> <tr> <td>Saturated Fat 3g</td> <td>15%</td> </tr> <tr> <td>Trans Fat 3g</td> <td></td> </tr> <tr> <td>Cholesterol 30mg</td> <td>10%</td> </tr> <tr> <td>Sodium 470mg</td> <td>20%</td> </tr> <tr> <td>Total Carbohydrate 31g</td> <td>10%</td> </tr> </tbody> </table>		% Daily Value	Total Fat 12g	18%	Saturated Fat 3g	15%	Trans Fat 3g		Cholesterol 30mg	10%	Sodium 470mg	20%	Total Carbohydrate 31g	10%
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These numbers refer to the sample label for macaroni and cheese on the first page of this handout.

1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount.

Also look at the number of servings in the package. This package contains two servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by two. Use a calculator, if you'd like.

2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need.

*Not all calories are made equal! Consider the source of your calories, not just the amount.

3. Limit These Nutrients

Most American get enough, or even too much, of these nutrients. Eating too much unhealthy fat (trans fat), sodium, refined carbohydrates, and sugar can raise your risk of certain health problems. These include diabetes, heart disease, some cancers and high blood pressure.

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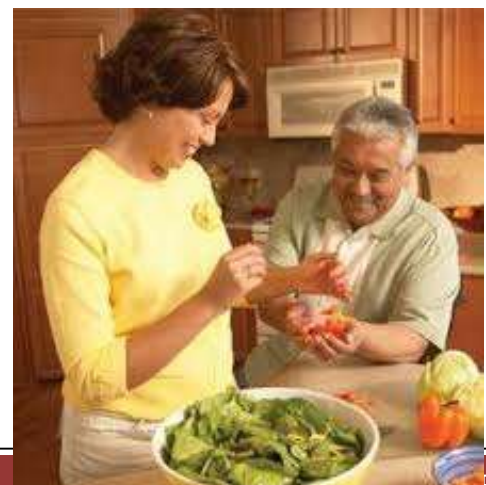
4. Get Enough of These Nutrients

Most Americans don't eat enough fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and lower your risk of certain health problems.

For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.

Other ways to find out nutrition facts:

- Computer apps
- Smart phone apps
- Websites



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Read the Ingredient List

In addition to the Nutrition Facts Label, look at a product's ingredient list to help you make better food selections. The ingredient list tells you what is in the food. Manufacturers list ingredients by weight in order of greatest amount to least amount in the food.

Nutrition Facts	
Serving Size 1 avocado 201g (201 g)	
Amount Per Serving	
Calories 322	Calories from Fat 247
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 13g	54%
Sugars 1g	
Protein 4g	
Vitamin A 6% • Vitamin C 33%	
Calcium 2% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1 container (113g)	
Servings Per Package 4	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Potassium 160mg	5%
Total Carbohydrate 22g	7%
Sugars 19g	
Protein 4g	8%
Calcium 15% • Vitamin D 10%	

Not a significant source of Dietary Fiber, Vitamin A, Vitamin C and Iron.
*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Avocado

Ingredients: Cultured Grade A Reduced Fat Milk, Strawberry, Sugar, Fructose, Water, Modified Food Starch, Contains less than 1% of Milk Protein Concentrate, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Agar Agar, Carrageenan, Carmine (for color), Sodium Citrate, Calcium Lactate, Lactic Acid, Xanthan Gum, Vitamin D3.

Contains The Active Cultures L. Bulgaricus, S. Thermophilus and Bifidobacterium Lactis DN 173-101 (Bifidus Regularis)