

NUTRIFAX[®]

2008

Understanding Food Labels

Learning to understand food labels may help you choose foods that contribute to a more healthful diet. Labels list ingredients in descending order by weight, give the name and address of the manufacturer or distributor, list the net weight or volume of the product, and contain nutrition information.

HERE'S HOW TO DECODE THE "NUTRITION FACTS":

- 1** **Serving Size** – is in household and metric measures. Be sure to check the number of servings per container.
- 2** **Nutrient Information** – total fat, saturated fat, trans fat, cholesterol in grams per serving.
- 3** Sodium in grams per serving.
- 4** Carbohydrates, (dietary fiber and sugars) in grams per serving.
- 5** Protein in grams per serving.
- 6** **Vitamins and Minerals**- percent of Daily Requirements provided by each serving. Vitamin A, Vitamin C, Calcium and Iron are required to be on the label. Inclusion of other vitamins and minerals is optional.
- 7** **Percent of Daily Value**- appears on all labels. Daily values specify the recommended intake of nearly thirty nutrients. Only those listed here are required by law.
- 8** **Calories Per Gram**- the number of calories in a gram of fat, carbohydrate or protein. The number won't change.

1	Nutrition Facts		
	Serving Size ¼ cup (114g) Servings Per Container 4		
	Amount Per Serving		
	Calories 90	Calories from Fat 30	
	% of Daily Value*		
2	Total Fat 3g	5%	
	Saturated Fat 0.5g	3%	
	Trans Fat 1.5 g		
	Cholesterol 0mg	0%	
3	Sodium 300mg	13%	
	Total Carbohydrate 13g	4%	
	Dietary Fiber 3g	12%	
	Sugars 3g		
5	Protein 3g		
	• Vitamin A 80%	• Vitamin C 60%	
6	• Calcium 4%	• Iron 4%	
	* Percent of Daily Values are based on 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
	Sat Fat	Less than 20g	25g
	Cholesterol	Less than 300mg	300mg
	Sodium	Less than 2400mg	2400mg
	Total Carbohydrate	300g	375g
	Dietary Fiber	25g	30g
	Calories per gram:		
	• Fat 9	• Carbohydrates 4	• Protein 4

CALCULATE YOUR CALORIES:
Your body gets calories from carbohydrate, fat and protein.

- 1 gm carbohydrate = 4 calories
- 1 gm fat = 9 calories
- 1 gm protein = 4 calories

Calories from food are the fuel that makes your body run.

GOAL:
CALORIES IN = CALORIES OUT