HEALTHY LIVING CHRONICLES
How to Read a Nutrition Facts Label

Are you trying to limit the amount of fat, sugar or calories in your diet, but aren’t sure if you are making the right choices? Use nutrition facts labels to compare foods and make healthier decisions. Davis Maurer is a registered dietitian at Doctors Community Hospital. She provides some helpful tips that may shed light on your current eating habits.

HOW TO READ A NUTRITION FACTS LABEL

1. Start with the serving size. All of the nutrition information listed on the label is based on one food serving. On this sample label, the serving is 2/3 cup. Check the servings per container information next because one package may contain more than one serving. In this example, there are eight servings in the container.

2. Calories are the amount of energy in one food serving. There are 230 calories in 2/3 cup of this container. If you eat the entire container, you would consume 1,840 calories. The calories from fat are not additional, but are part of the total number of calories.

3. Eat less than 100 percent of the daily value (DV) of these nutrients: saturated fat, trans fat, cholesterol and sodium.

4. Eat 100 percent of the DV of these nutrients: dietary fiber, vitamin A, vitamin C, calcium and iron.

5. Down the right side of the label is the % daily value. It shows the recommended percentages of key nutrients that most adults should eat daily. These percentages are based on a 2,000 calorie daily diet. However, individual calorie needs are based on age, gender, height, weight and activity level.

Did you know: The ingredient list is usually located below the nutrition facts label. Ingredients are listed in descending order by weight. In other words, the closer they are to the beginning of the list, the more of that ingredient is in the food.

The Food and Drug Administration (FDA) has finalized a new nutrition facts label for packaged foods that will make it easier for you to make informed food choices. The updated label will have a new design and reflect more current scientific information including added sugars, vitamin D and potassium. Manufacturers will need to use the new label by July 26, 2018. For more information about the new label, visit fda.gov.
Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – Doctors Community Hospital in Lanham, Maryland. For your convenience, we complement the hospital’s medical and surgical programs with more than a dozen centers of care located throughout the area:
- Ambulatory Surgery
- Bariatric and Weight Loss Program
- Breast Health
- Digestive Care
- Emergency Services
- Endocrinology and Diabetes Care
- Imaging Services
- Infusion Care
- Orthopedic Service
- Primary Care
- Radiation Oncology
- Rehabilitation Program
- Sleep Care
- Surgical Services
- Wellness Center
- Wound Care

Contact us for more information or to schedule an appointment.
301-DCH-4YOU | 301-324-4968 | DCHweb.org

STAY CONNECTED!

[Social media icons: Doctors Community Hospital, DCHweb, DCH4YOU]

Main Campus
8118 Good Luck Road
Lanham, Maryland 20706