

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	Nutrition Facts			
	Serving Size 2/3 cup (55g) Servings Per Container About 8			
2	Amount Per Serving			
	Calories 230	Calories from Fat 72		
3	% Daily Value*			
	Total Fat 8g	12%		
	Saturated Fat 1g	5%		
	Trans Fat 0g			
	Cholesterol 0g			
4	Sodium 160mg	7%		
	Total Carbohydrate 37g	12%		
	Dietary Fiber 4g	16%		
	Sugars 1g			
5	Protein 3g			
	Vitamin A	10%		
	Vitamin C	8%		
	Calcium	20%		
	Iron	45%		
	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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.



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