

Get the Facts: Nutrition Knowledge is Power (continued)

Let's take a moment to study the sample Nutrition Food Label shown below.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 12 g	18%		
Saturated Fat 3g	15%		
Trans Fat 3g			
Cholesterol 30mg	10%		
Sodium 470mg	20%		
Potassium 700mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 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	6.5g	50g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,450mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Pay close attention to all the parts of the Nutrition Facts label!

Serving Size

Pay attention to the serving size, especially the number of servings there are in the food package. Then ask yourself, "How many servings am I eating?" For example, in the Nutrition Facts label shown here, one serving is equal to one cup. If you eat the whole package, you would be eating **two** cups. As a result, you double the calories, other nutrients, and the % Daily Values (% DVs) as shown in the sample label.

Calories

Make your calories count! The calorie section of the label can help you manage your weight. **Remember: the number of servings you consume determines the number of calories you actually eat.** For example, eating the entire package is equal to two servings. Therefore, you would be eating 500 calories, not 250 calories.

% Daily Value

Note the asterisk (*) used after the heading "% Daily Value" on the Nutrition Facts label. It refers to the bottom section of the Nutrition Facts label. The % Daily Value (% DV) is based on the Daily Value recommendations for key nutrients for a 2,000-calorie daily diet. The % DV helps you determine if one serving of a food is high or low in a nutrient. For example, you can determine if a food is low in sodium by noting the % DV. The sample label you see here tells you that sodium is 20% DV. If you choose to eat the whole package you will consume 40% DV of sodium. Any food containing over 5% DV of sodium is considered high in salt (sodium). You can then do this for all the other nutrients listed on the label.

Remember, reading the Nutrition Facts label can help you manage your weight, make wiser food choices, and reduce the risk of developing problems with your health!

The Nutrition Facts Label

The Nutrition Facts label provides recommended dietary information for important nutrients, such as fats, sodium, potassium and fiber. It also has information on serving size and calorie content. Use the handout to increase your knowledge about nutrition. For a healthier you, always read the Nutritional Facts label, (also known as the food label) to make wiser food choices.