

# UNDERSTANDING FOOD LABELS

For more information visit <http://www.fda.gov/> and search "Food Labeling"

## What can I use the Nutrition Facts label for?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

## Watch out for these common misconceptions:

- Assuming "sugar-free" or "fat-free" means a product is low calorie or healthy; it's not true!
- Buying something because it says "organic," "natural," "multigrain," or has some other "healthy" claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!

### 1 START HERE

Start by checking what counts as one serving size and how many servings there are per package.

### 2 CHECK CALORIES

How many calories would you eat if you ate a whole package?  
Multiply the number of "servings per container" by the "calories."

### 3 Know Your Fats and Reduce Your Sodium

Aim to eat only small amounts of saturated fat and cholesterol. Keep trans fat to 0. Limit your sodium by choosing foods with less sodium.

### 4 GET ENOUGH OF THESE NUTRIENTS

Aim to get enough fiber, vitamins, and minerals.

## Nutrition Facts

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
<b>Saturated Fat</b> 3g	15%
<b>Trans Fat</b> 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
<b>Dietary Fiber</b> 0g	0%
<b>Sugars</b> 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	4%

### QUICK GUIDE TO % DAILY VALUE

5% or less is Low,  
20% or more is High.  
Use the % Daily Value to compare similar foods and choose the healthiest option.