

Be a smart and healthy consumer!

To ensure that you are getting the most out of the foods you eat, check the food label. It's there for a reason! You can use the food label to

- Find out which foods are good sources of fiber, calcium, iron and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated and trans fats

Use the label as you shop, as you plan meals, and as you cook each day. This is a guide show you which parts of the label are most important to be looking at.

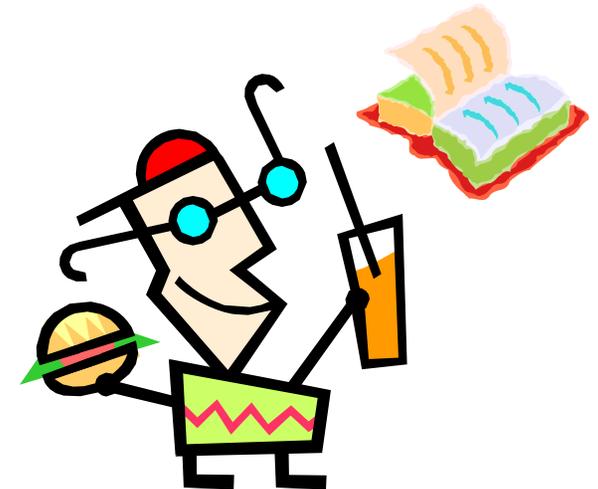


Information in this pamphlet was provided by the U.S. Food and Drug Administration. For more information on food labels and other information regarding the FDA, you can visit their website at <http://www.fda.gov/>



Nutrition Facts

Get the facts on food labels



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How to Read the Nutrition Facts

- ① Check **SERVING SIZE** and amount of servings in the package. The size of the serving on the food package influences the number of calories and all nutrient amounts listed on the top part of the label.
- ② **CALORIES** provide a measure of how much energy you are consuming from this serving of food.
- ③ Keep your intake of saturated **FAT**, trans fat, and cholesterol as low as possible as part of a nutritionally balanced diet.
- ④ Eating enough of these **NUTRIENTS** can improve your health and help reduce the risk of some diseases and conditions. A diet rich in fruits, vegetables, and grain products that are high in dietary fiber and low in saturated fat and cholesterol may reduce the risk of heart disease.
- ⑤ This portion tells you the recommended levels of intake or **DAILY VALUE** of each nutrient listed. The * also tells you that the %DV used above, are based on a 2,000 calorie diet.
- ⑥ Although you may not eat exactly a 2,000 calorie diet, you can still use the % **DAILY VALUE** as a guideline. These % DVs let you know if a serving of food is high or low in a nutrient.

Sample Food Label: Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	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 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

General Guide to Calories:
 40 calories is low
 100 calories is moderate
 400 calories or more is high

①

⑥

⑤



What do all those labels mean!?

- Low calories**—Less than 40 calories per serving
- Low cholesterol**—Less than 20 mg of cholesterol and 2 mg or less of saturated fat per serving
- Reduced**—25% less of the specified nutrient or calories than the usual product
- Good source of**—Provides at least 10% of the DV of a particular vitamin or nutrient per serving
- Calorie free**—Less than 5 calories per serving
- Fat free/sugar free**—Less than 1/2 gram of fat or sugar per serving
- Low sodium**—Less than 140 mg of sodium per serving
- High in**—Provides 20% or more of the Daily Value of a specified nutrient per serving
- High fiber**—5 or more grams of fiber per serving
- Light**—1/3 fewer calories or 1/2 the fat of the usual food
- Healthy**—decreased fat, saturated fat, sodium, and cholesterol and at least 10% of the DV of vitamins A, C, iron, protein, calcium, and fiber

