

A Healthy Habit: Read Food Labels

Scan the Nutrition Facts panel on packages to evaluate what's inside and compare the nutrient value of foods.

Start Here

Serving Size is the amount of food the nutrient information is based on. Calories is the amount of "energy" in that serving. Adjust the amount of calories and nutrients if your serving size is different.

Nutrition Facts

Serving Size: 6 crackers (28g)
Servings Per Container: About 13

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat	4.5g	7%
Saturated Fat	0.5g	4%
Trans Fat	0g	
Polyunsaturated Fat	2.5g	
Monounsaturated Fat	1.5g	
Cholesterol	0mg	0%
Sodium	180mg	7%
Total Carbohydrate	19g	6%
Dietary Fiber	3g	13%
Sugars	0g	
Protein	3g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 8%

If food gets a lot of its calories from fat, eat sparingly. Total fat intake should be no more than 30% of total calories.

Percentages show whether the nutrients in one serving contribute a lot or a little to your total daily intake — 5% or less is "a little" and 20% or more is "a lot."

Limit These

Too much fat, cholesterol and sodium contribute to health problems (refer to "less than" recommendations in footnotes).

Get More of These

Carbohydrates should be 55-60%+ of total daily calories.

Get more natural than added sugars (check ingredients).

"Get enough" of nutrients beneficial to good health, such as vitamins A and C, minerals calcium and iron, and fiber.

Limit all types of fat, especially saturated and trans fat which are linked to health problems.

Most of the fat you eat should be unsaturated.

In general, the greater the difference between "total carbohydrate" and "sugars," the more nutritious the carbohydrate.

Most people should get 50-75 grams of protein daily.

Percent Daily Values are based on eating 2,000 calories a day.

Active teens may need more. Most children, women and older adults need less.

2,500 calorie diets for more active teens and adults.

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Footnotes

Not specific to the food, and not required on label.

The amount of each nutrient recommended daily.

The amount of calories in fat, carbohydrate and protein (fat has more than double).

Manufacturers are not required to show nutrition information on packages with less than 12 square inches available for labeling. However, they must print an address or phone number so you can obtain the information.

Nutrition Facts

Serving Size 3/4 cup (32g)
Servings per Container About 14

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	130	170
Calories from Fat	25	25
% Daily Value**		
Total Fat 2.5g	4%	4%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 75mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	8%	8%
Sugar 6g		
Other Carbohydrate 17g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	2%	6%
Copper	4%	4%

*Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.

**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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, ALMONDS, VEGETABLE OIL (CANOLA OR SUNFLOWER OIL), RICE FLOUR, WHEAT FLOUR, RICE, Malted Barley Flour, Salt, Corn Syrup, Whey (from Milk*), Malted Corn and Barley Syrup, Honey, Cinnamon, Artificial Flavor, Natural Flavor, Caramel Color, Annatto Extract (Color), BHT Added to Packaging Material to Preserve Product Freshness.

*ADDS A NEGLIGIBLE AMOUNT OF CHOLESTEROL
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B₆, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B₂), THIAMIN MONONITRATE (VITAMIN B₁), ZINC OXIDE (SOURCE OF ZINC), FOLIC ACID, VITAMIN B₁₂, VITAMIN D.

What Nutrition Labels Tell You

DIRECTIONS: Answer the following by reading the nutrition label on the left.

1. How large is the serving size listed on the label? _____
2. How many calories are there in one serving of the cereal? _____
3. If you eat 1-1/2 cups, how many calories are you taking in? _____
4. What is the major component of this cereal? _____
5. What type of fat is the majority of fat in this cereal? _____
6. How many servings of this food would a person need to consume to obtain 100% of the Daily Value for fiber? _____
7. Ingredients are listed by weight with the ingredient having the most listed first. Is there more wheat or vegetable oil in this cereal? _____
8. People with allergies can identify potential problems with the list of ingredients. Should a person who is allergic to nuts eat this cereal? _____
9. Using the list of health claims below, what claims could the manufacturer of this cereal make on their package? _____

What Else the Package Tells You

Packages list the weight of the product in the package (to help you compare size/price).

NET WT. 13 OZ. (368g)

Perishable products carry sell-by dates to let you (and the store) know the last date on which the product should be sold. This date also shows how much time you can store the product at home under the right storage conditions. **SELL BY Aug 10**

Bread, cereal, and some other products carry freshness dates to show the last day on which the product will be at peak quality.

**BETTER IF AUG 13 2008
USED BEFORE**

Some food packages make claims such as "low-fat" or "cholesterol free." These claims can only be used if a food meets the following definitions per serving:

Calorie Free	Less than 5 calories
Low Calorie	40 calories or less
Light or Lite	1/3 fewer calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
Fat Free	Less than 0.5 grams fat
0 Trans Fats	Less than 0.5 grams trans fats
Low Fat	3 grams or less fat
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat
Sodium Free	Less than 5 milligrams sodium
Very Low Sodium	35 milligrams or less sodium
Low Sodium	140 milligrams or less sodium
High Fiber	5 grams or more fiber