

Your Health Matters: Nutritious Eating

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 1.5g	
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:	

6: Understanding the Nutrition Facts Label

The Nutrition Facts Label

Using the Food Label to Make Healthy Eating Choices



Presented with information from the Food and Drug Administration's
Center for Food Safety and Applied Nutrition, Office of Nutritional Products, Labeling, and Dietary Supplements
and the American Dietetics Association eatright.org Web site

Key Label Questions



- How many calories am I actually eating
- Is that number low or high?
- What nutrients should I limit or get enough of and why?
- What is %DV?
- How does %DV help me with making healthy food choices?

The Nutrition Facts Label

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Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** →

Serving Size 1 cup (228g)
Servings Per Container 2

2 **Check Calories**

Amount Per Serving

Calories 250 Calories from Fat 110

3 **Limit these
Nutrients**

% 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%

4 **Get Enough
of these
Nutrients**

5 **Footnote**

* 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

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**Quick Guide
to % DV**

• 5% or less
is Low

• 20% or more
is High

How many servings?

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Sodium 470mg	20%
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Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
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Calcium	20%
Iron	4%
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General Guide to Calories

40 calories is **low**

100 calories is **moderate**

400 calories is **high**

Based on a 2,000-calorie diet

The Percent Daily Value - %DV

The % DV is based on 100% of the daily value for **each** nutrient.

% DV tells you if a serving of food is high or low in a certain nutrient .

% Daily Value*	
Total Fat	18%
Saturated Fat	15%
Trans Fat	
Cholesterol	10%
Sodium	20%
Total Carbs	10%
Dietary Fiber	0%
Sugars	
Protein	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

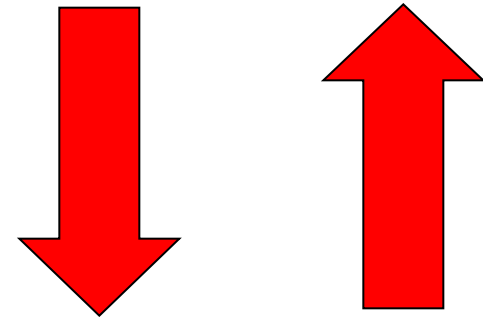
Limit these
nutrients

Get enough
of these
nutrients

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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

Quick Guide to % DV

5% DV or less is low



20% DV or more is high

Limit These Nutrients

The goal is to stay
BELOW 100% of the
DV for each of these
nutrients per day.

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%

Fat, Cholesterol, Sodium

Get Enough of These Nutrients

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Try to get 100% of the DV for each of these nutrients each day.

Fiber, Vitamins, Minerals

Read the Nutrition Facts Label for Total Sugars

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 % • Vitamin C 4 %	
Calcium 45 % • Iron 0 %	

* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 % • Vitamin C 4 %	
Calcium 35 % • Iron 0 %	

* Percent Daily Value is based on a 2000 calorie diet. Your Daily Values may be higher or lower based on your calorie needs.

Look at the Ingredient List for Added Sugars

Food Sample #1

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Food Sample #2

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND *L. ACIDOPHILUS* CULTURES

Activity




Challenge!

Examine your pantry this week. Note which items to replace with healthier options.

My Food Diary

Day _____



Meal/Snack (Indicate time of day)	What You Ate and Drank	Where and With Whom	Notes (Feelings, hunger, etc.)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			



Nutrition Facts Label

Key Point Recap

- Start with the serving size
- Check out the total calories, fat, sugar
- Let the % Daily Value be your guide – low on top; high on bottom
- Read the list of ingredients
- Eat mostly foods without labels like fresh fruits and vegetables

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Switch to
Meal Planning
PowerPoint