

Food Labels

Information Found on Package

- Type of Food
- Amount of food (volume)
 - Net weight
- Manufacturer
- List of ingredients
 - Listed from most to least, by volume

Label Language

- “low in” – can eat often without exceeding recommended amount
- “low in fat” – no more than 3g/ 100 calorie serving
- “reduced” “less” or “fewer”
 - Contains at least 25% less of nutrient than regular product
- “high in” – contains at least 20% of the daily value for the specified nutrient
- “good source of” – contains 10 – 19% of daily value for the specified nutrient

Other info found on package

- Sell by date – last day on shelf
- Use by date – safe to eat, quality goes down
- Code dating – used by manufacturer
 - Series of letters/numbers indicated when product was packaged
 - Used for recalls
- Juice – percentage
- “serving suggestion” – product looks different than what is actually in the package
- Directions - example: keep refrigerated
- UPC – universal product code (bar code)
- Proof of purchase, recipes, coupons, toll free number

What's on the Nutrition Label

- Serving Size
- Servings per container
- Calorie information
- Nutrient amounts and Daily Values
 - Based on 2,000 calorie day
 - Sodium/Cholesterol and Sat. Fat numbers use upper limit values.
 - Totals for carbohydrates, fiber, Vitamins, calcium and iron, use minimum daily value

Sample label for
Macaroni & Cheese

Nutrition Facts

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

Amount Per Serving		Calories from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
<i>Trans</i> 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

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

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Quick Guide to % DV

• 5% or less is Low

• 20% or more is High