

## Nutrition Facts

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%

## What's in a label?

Read before you eat!

- ◆ Regulated by Food and Drug Administration (FDA).
- ◆ Labeling is required for most packaged foods.
- ◆ Nutrition labeling for produce and fresh fish is voluntary.

## Serving size

- ◆ The nutritional information (from calories to vitamins) is based on serving size. Serving size varies.
- ◆ Check the serving size and compare how much you actually eat with the serving size on the package. If you eat two servings, you get double the calories and other nutrients.
- ◆ When you compare brands, check to see if the serving size is the same.



## The Nutrition Facts label can help you eat healthier

- ◆ Use labels to choose products high in nutrients that promote good health and may protect you from disease.
- ◆ Use labels to find products that match your nutrition goals.
- ◆ Inform yourself by reading labels and make small changes to eat healthier.

## Nutrient claims

- ◆ Brief statements about a food's nutrient content can appear on food packages.
- ◆ Statements must meet specific government-regulated criteria to use words like:
  - Free
  - Lean or extra lean
  - Good source
  - High
  - Light
  - Low
  - Reduced

## Why should I read nutrition labels?

- ◆ Nutrition labels provide important information about a food's % Daily Value, the amount of certain nutrients in a single serving. Find information on nutrient content and % Daily Value of a stated serving size of a food for:

- Carbohydrates
- Fats
- Protein
- Select vitamins and minerals



## What is % Daily Value?

- ◆ Based on the Recommended Dietary Allowance (RDA) of nutrients for a healthy diet.
- ◆ Tells you the percent of nutrients in a product, compared to the amount you need daily (100%).
- ◆ Provides an easy reference to learn if the food is high or low in nutrients.
- ◆ Based on a 2000 calorie diet — you may need more or less nutrients depending on your daily caloric needs.

### Choose foods with:

- ◆ High % Daily Values of calcium, iron and Vitamins A and C.
- ◆ High % Daily Value of fiber.
- ◆ Low % Daily Value of total fat, saturated fat and cholesterol.
- ◆ Low % Daily Value of sodium.
- ◆ Daily Values below 5% are low and above 20% are high for a single serving.



## What about allergies?

Labels alert you of ingredients in a product that are common allergens:

- ◆ Milk
- ◆ Eggs
- ◆ Fish
- ◆ Crustacean shellfish
- ◆ Tree nuts
- ◆ Wheat
- ◆ Peanuts
- ◆ Soybeans



## Ingredients

Ingredients are listed in descending order by weight.

- The first ingredient makes up the largest proportion of the food.
- Check the ingredient list for foods you need to avoid.

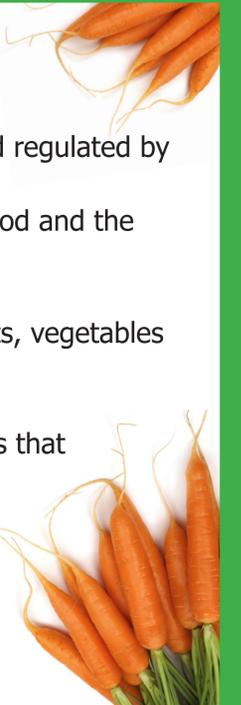
Use the **ingredient list** to choose products that meet your nutrition goals or to identify food allergens.

### For plain yogurt:

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

## Health claims

- ◆ Connect the product to a health benefit.
- ◆ Backed by strong scientific evidence and regulated by the government.
- ◆ Represent the relationship between a food and the possible reduced risk of a health condition:
  - Calcium and osteoporosis
  - Fiber-containing grain products, fruits, vegetables and cancer
  - Fruits and vegetables and cancer
  - Fruits, vegetables and grain products that contain fiber and heart disease
  - Fat and cancer
  - Saturated fat and cholesterol and heart disease
  - Sodium and high blood pressure
  - Folic acid and certain birth defects



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