

# Reading Labels

How to determine which  
snack is best for you

# The Nutrition Facts Label

- ◆ Contains product specific information
- ◆ Based on a 2,000 calorie diet
- ◆ Helps you to compare one snack to the next

# Label Example

| <b>Nutrition Facts</b>        |                         |
|-------------------------------|-------------------------|
| Serving Size 1 cup (236ml)    |                         |
| Servings Per Container 1      |                         |
| Amount Per Serving            |                         |
| <b>Calories</b> 120           | Calories from Fat 45    |
| % Daily Value*                |                         |
| <b>Total Fat</b> 5g           | 8%                      |
| Saturated Fat 3g              | 15%                     |
| Trans Fat 0g                  |                         |
| <b>Cholesterol</b> 20mg       | 7%                      |
| <b>Sodium</b> 120mg           | 5%                      |
| <b>Total Carbohydrate</b> 11g | 4%                      |
| Dietary Fiber 0g              | 0%                      |
| Sugars 11g                    |                         |
| <b>Protein</b> 9g             | 17%                     |
| Vitamin A 10%                 | Vitamin C 4%            |
| Calcium 30%                   | Iron 0% • Vitamin D 25% |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

# Where to Start

- ◆ First determine serving size and number of servings per package

## **Nutrition Facts**

Serving Size 1 cup (228g)

Servings Per Container 2

# Calories and Calories from Fat

- ◆ Tells how much energy is in food
- ◆ Remember that the number of servings you eat determines the number of calories you actually eat!

## **Amount Per Serving**

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**Calories** 250

Calories from Fat 110

## ◆ **General Guide to Calories**

- ◆ 40 Calories is low
  - ◆ 100 Calories is moderate
  - ◆ 400 Calories or more is high
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- ◆ Too many calories per day results in gaining weight

# Nutrients

- ◆ Limit specific nutrient intake
  - Saturated fat, cholesterol and sodium
- ◆ Too much of these can put you at risk for certain chronic diseases like heart disease, high blood pressure, cancer

|                               | <b>% Daily Value*</b> |
|-------------------------------|-----------------------|
| <b>Total Fat</b> 12g          | <b>18%</b>            |
| Saturated Fat 3g              | <b>15%</b>            |
| <i>Trans</i> Fat 3g           |                       |
| <b>Cholesterol</b> 30mg       | <b>10%</b>            |
| <b>Sodium</b> 470mg           | <b>20%</b>            |
| <b>Total Carbohydrate</b> 31g | <b>10%</b>            |

# Nutrients

- ◆ Eating enough of fiber, vitamins, calcium and Iron can reduce the risk of some diseases and conditions.
- ◆ Calcium helps to reduce the risk of Osteoporosis, Fiber helps healthy bowel function, Diets high in fruit and veggies help to reduce risk of heart disease.

|                   |     |
|-------------------|-----|
| Dietary Fiber 0g  | 0%  |
| Sugars 5g         |     |
| <b>Protein 5g</b> |     |
| Vitamin A         | 4%  |
| Vitamin C         | 2%  |
| Calcium           | 20% |
| Iron              | 4%  |

# Understanding the footnote

- ◆ Helps you to make your snack decision

\* 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     |

# Comparing Labels

## Nutrition Facts

Serving Size 1 cup (236ml)  
Servings Per Container 1

Amount Per Serving

**Calories** 120    Calories from Fat 45

% Daily Value\*

**Total Fat** 5g    8%

Saturated Fat 3g    15%

Trans Fat 0g

**Cholesterol** 20mg    7%

**Sodium** 120mg    5%

**Total Carbohydrate** 11g    4%

Dietary Fiber 0g    0%

Sugars 11g

**Protein** 9g    17%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Nutrition Facts

Serving Size 1 cup (236ml)  
Servings Per Container 1

Amount Per Serving

**Calories** 80    Calories from Fat 0

% Daily Value\*

**Total Fat** 0g    0%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol** Less than 5mg    0%

**Sodium** 120mg    5%

**Total Carbohydrate** 11g    4%

Dietary Fiber 0g    0%

Sugars 11g

**Protein** 9g    17%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

# Comparing Labels

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

\*Percent Daily Values are based on a 2,000 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                       |                |
| <b>Calories</b> 240 Calories from Fat 25 |                |
|  | % Daily Value* |
| <b>Total Fat</b> 3g                      | 4 %            |
| Saturated Fat 1.5g                       | 9 %            |
| Trans Fat 0g                             |                |
| <b>Cholesterol</b> 15mg                  | 5 %            |
| <b>Sodium</b> 140mg                      | 6 %            |
| <b>Total Carbohydrate</b> 46g            | 15 %           |
| Dietary Fiber Less than 1g               | 3 %            |
| Sugars 44g                               |                |
| <b>Protein</b> 9g                        |                |
| Vitamin A 2 % • Vitamin C 4 %            |                |
| Calcium 35 % • Iron 0 %                  |                |

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Compare your own labels