

# 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

<b>Nutrition Facts</b>	
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%

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# 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 %
<i>Trans Fat</i> 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 %	

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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 %
<i>Trans Fat</i> 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 %	

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

Compare your own labels