

Reading Food Labels Is A Healthy Habit

Serving sizes are based on the amount of food most people eat at one time.

Divide **Calories from Fat** by **Calories** to find the percentage of calories that come from fat. No more than 30% of the calories consumed in one day should come from fat.

The food label lists only the nutrients that are considered important to most people's health. These nutrients are listed in order of their significance. Generally, people should be more concerned about nutrients that appear near the top of the label than nutrients that appear toward the bottom.

Many people don't get enough vitamin A, Vitamin C, calcium, and iron in their diets.

One gram of fat contains more than twice as many calories as one gram of carbohydrate or protein.

• *Nutrition Facts* labels were first required on all food products in May 1994. The first major change came in July 2003 with the announcement that trans fat would be required to appear on all *Nutrition Facts* labels by January 2006. Trans fat is an unhealthy form of fat that increases the risk of heart disease. The words "partially hydrogenated" or "vegetable shortening" in the list of ingredients indicate that a product contains trans fat.

| Nutrition Facts | | | |
|--|-----------|------------------------------|---------|
| Serving Size 1 cup (228g) | | | |
| Serving Per Container 2 | | | |
| Amount Per Serving | | | |
| Calories 260 | | Calories from Fat 120 | |
| Total Fat 13g 20% | | | |
| Saturated Fat 5g 25% | | | |
| Trans Fat 1g | | | |
| Cholesterol 30mg 10% | | | |
| Sodium 660 mg 28% | | | |
| Total Carbohydrate 31g 10% | | | |
| Dietary Fiber 0g 0% | | | |
| Sugars 5g | | | |
| Protein 5g | | | |
| Vitamin A 4% | | Vitamin C 2% | |
| Calcium 15% | | 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 |
| Calories per gram" | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Daily values tell you whether the amount of each nutrient listed is high or low. Use this rule of thumb: a daily value above 20% is high, while a daily value below 5% is low.

Includes saturated, mono-unsaturated, polyunsaturated, and trans fat.

Saturated fat, trans fat, and cholesterol each increase the risk of heart disease. Limit these as much as possible.

Too much sodium can lead to high blood pressure in some people.

Carbohydrates, which include sugar, starches, and fiber, provide energy for the body. About half a person's daily calories should come from carbohydrates.

A diet high in fiber can help reduce the risk of heart disease, diabetes, and other health conditions. Because fiber makes you feel full, increasing your fiber intake can also help you control your weight.

People have different daily calorie needs based on body size, gender, age, and activity level.

list amounts of certain optional nonunsaturated fat, polyunsaturated

