

LABEL READING

Sample label for
Macaroni & Cheese

1 **Start Here** →

Nutrition Facts

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

2 **Check Calories**

Amount Per Serving

Calories 250 Calories from Fat 110

3 **Limit these
Nutrients**

	% 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%

4 **Get Enough
of these
Nutrients**

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 Serving Size

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are provided in familiar units, such as cups or pieces, followed by the weight in grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. **Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"?** (e.g., 1/2 serving, 1 serving, or more) In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat **two** cups. That doubles the calories and other nutrient numbers as shown in the sample label.

Example				
	Single Serving	%DV	Double Serving	%DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250		500	
Calories from Fat	110		220	
Total Fat	12g	18%	24g	36%
Trans Fat	1.5g		3g	
Saturated Fat	3g	15%	6g	30%
Cholesterol	30mg	10%	60mg	20%
Sodium	470mg	20%	940mg	40%
Total Carbohydrate	31g	10%	62g	20%
Dietary Fiber	0g	0%	0g	0%
Sugars	5g		10g	
Protein	5g		10g	
Vitamin A		4%		8%
Vitamin C		2%		4%
Calcium		20%		40%
Iron		4%		

② Calories

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) **Remember: the number of servings you consume determines the number of calories you actually eat (your portion size).**

Eating too many calories per day is linked to overweight and obesity.

③ Limit Fats, Cholesterol, and Sodium

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are total fat, saturated fat, trans fat, cholesterol, and sodium. **Limit these Nutrients.** Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Important: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

④ Get Enough of Fiber, Vitamin A, Vitamin C, Calcium and Iron

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as **Get Enough of these Nutrients.** Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

Carbohydrates are important for providing energy. Moderation is the key. Half of the daily calories should come from carbohydrates. Consume complex carbohydrates like whole grains, fruits and vegetables.

Remember: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.