

# Make Sense of Food Labels

Reading food labels is an important step in understanding how many calories you're consuming. Accurately recognizing serving size, calories, as well as nutrients to limit and those to increase, will help you understand how to make healthy food choices as you improve your whole body health. In this graphic, you see two versions of the label. All manufacturers will be required to carry the new label by January 2021.

## 1. Serving Size

Start by looking at the serving size. All the other facts on the label are based on this amount of food.

Also look at the number of servings in the package. This package contains eight servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by eight. Compare the serving size you eat with the size listed on the label.

SIDE-BY-SIDE COMPARISON			
Original Label		New Label	
<b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container About 8		<b>Nutrition Facts</b> 8 servings per container <b>Serving size 2/3 cup (55g)</b>	
<b>Amount Per Serving</b> <b>Calories 230</b> Calories from Fat 72		<b>Amount per serving</b> <b>Calories 230</b>	
% Daily Value*		% Daily Value*	
<b>Total Fat</b> 8g <b>12%</b>		<b>Total Fat</b> 8g <b>10%</b>	
Saturated Fat 1g <b>5%</b>		Saturated Fat 1g <b>5%</b>	
Trans Fat 0g		Trans Fat 0g	
<b>Cholesterol</b> 0mg <b>0%</b>		<b>Cholesterol</b> 0mg <b>0%</b>	
<b>Sodium</b> 160mg <b>7%</b>		<b>Sodium</b> 160mg <b>7%</b>	
<b>Total Carbohydrate</b> 37g <b>12%</b>		<b>Total Carbohydrate</b> 37g <b>13%</b>	
Dietary Fiber 4g <b>16%</b>		Dietary Fiber 4g <b>14%</b>	
Sugars 12g		Total Sugars 12g	
<b>Protein</b> 3g		Includes 10g Added Sugars <b>20%</b>	
Vitamin A      10%		<b>Protein</b> 3g	
Vitamin C      8%		Vitamin D 2mcg      10%	
Calcium      20%		Calcium 260mg      20%	
Iron      45%		Iron 8mg      45%	
* Percent Daily Values are based on a diet of other people's misdeeds.		Potassium 235mg      6%	
Your daily value may be higher or lower depending on your calorie needs.		* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
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			

Source: FDA.gov

### Other ways to find out nutrition facts:

- Computer apps
- Smartphone apps
- Websites
- Food manufacturer websites
- Restaurant website - for many chain restaurants

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## 2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans consume more calories than they need. Try to get fewer than 30 percent of your calories from fat.

### 3. Limit These Nutrients

- Fat
- Saturated fat
- Trans fat
- cholesterol
- Sodium
- Added Sugar

Eating too much of these nutrients can raise your risk of certain health problems, including heart disease, some cancers, and high blood pressure. A product with 5% or less daily value is considered "low" in that nutrient.

## 4. Get Enough of These Nutrients

- Fiber
- Vitamins (such as vitamin A, C and D)
- Minerals (such as calcium, iron and potassium)

Eating enough of these nutrients can improve your health and lower your risk of certain health problems. For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight, lower your cholesterol, and manage your blood sugar. A product with 20% or more daily value is considered “high” in that nutrient.

# SIDE-BY-SIDE COMPARISON

## Original Label

### Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

#### Amount Per Serving

**Calories** 230 Calories from Fat 72

% Daily Value\*

**Total Fat** 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

**Protein** 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value 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	

## New Label

### Nutrition Facts

8 servings per container

**Serving size** **2/3 cup (55g)**

#### Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## 5. Check the Ingredients List

The list of ingredients can also help you make good food choices. Look for products with a short list of “real food” ingredients that you recognize. This means the food is less processed.

### SIDE-BY-SIDE COMPARISON

#### Original Label

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Servings Per Container About 8	
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% Daily Value*	
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Dietary Fiber 4g	<b>16%</b>
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<b>Protein</b> 3g	
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Vitamin C	8%
Calcium	20%
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Total Carbohydrate	300g 375g
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#### New Label

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
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