

# Learn to Read a Food Label



# What is a Food Label, and Why is it Important?

- ▶ A food label is on any type of packaged food, and is a legal requirement in the U.S.
- ▶ It is used to tell the consumer what a food item contains
- ▶ It lists:
  - ▶ Calories
  - ▶ Macronutrients (Carbohydrates, Protein, and Fat)
  - ▶ Vitamins -Not all vitamins are required to be listed, however, Vitamin D is required
  - ▶ Minerals -Not all minerals are required to be listed, however, Calcium, Iron, and Potassium are required
  - ▶ Added Sugar and Total Sugar
  - ▶ Cholesterol
  - ▶ Fiber

## New Label

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

# Ingredient list vs. Nutrition Facts

## Ingredient List

A list that contains the foods (ingredients) that make up a particular product or whole food.



Note: The ingredient list is listed in descending order in the amount in which ingredient is found in the product. This means that the 1st ingredient makes up more of the product than the 2<sup>nd</sup>, which is more than the 3<sup>rd</sup>, etc.

## Nutrition Facts

The nutrients that are found in the ingredients that make up the product/food as a whole.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 15g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 3g	
Vitamin D 5mcg	<b>25%</b>
Calcium 20mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 230mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

# A Closer Look at % Daily Value

## ▶ % Daily Value (% DV) Guide

- ▶ This number represents the percentage of how much a nutrient meets your daily nutritional needs.
- ▶ **5% or less** = low source of a nutrient on the label
- ▶ **10 to 19%** = a good source of a nutrient on the food label
- ▶ **20% or more** = a high source of a nutrient on a food label

**NOTE:** A “good source” does not always mean it is desirable when it comes to fat, cholesterol, sodium, sugar etc. (This is especially important to keep low in regards to heart health. Remember to keep % DV low when it comes to these item—5% or less.

<b>Nutrition Facts</b>			
About 7 servings per container			
<b>Serving size 1 Cup (59g)</b>			
	Cereal		with ¾ cup skim milk
<b>Calories</b>	<b>190</b>		<b>250</b>
	% DV*		% DV*
<b>Total Fat</b>	1g	<b>1%</b>	1.5g <b>2%</b>
Saturated Fat	0g	<b>0%</b>	0g <b>0%</b>
Trans Fat	0g		0g
Polyunsat. Fat	0.5g		0.5g
Monounsat. Fat	0g		0g
<b>Cholesterol</b>	0mg	<b>0%</b>	<5mg <b>1%</b>
<b>Sodium</b>	200mg	<b>9%</b>	280mg <b>12%</b>
<b>Total Carb.</b>	47g	<b>17%</b>	56g <b>20%</b>
Dietary Fiber	7g	<b>26%</b>	7g <b>26%</b>
Total Sugars	17g		26g
Incl. Added Sugars	9g	<b>18%</b>	9g <b>18%</b>
<b>Protein</b>	5g	<b>4%</b>	11g <b>16%</b>
Vitamin D	0mcg	0%	2.2mcg 10%
Calcium	20mg	0%	240mg 15%
Iron	1.8mg	10%	1.8mg 10%
Potassium	280mg	6%	560mg 10%
Niacin		15%	20%
Phosphorus		10%	25%
Magnesium		15%	20%
Zinc		10%	15%
Selenium		10%	20%
Copper		20%	20%
Manganese		80%	80%

\* 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.

Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup.  
Contains 2% or less of malt flavor, salt.  
**CONTAINS WHEAT INGREDIENTS.**

# How to Read a Food Label

## Top Things to Look For:

### 1. Serving Size!

Always know how much a serving size is. In this case it is 2/3 of a cup, it is also listed in weight

### 2. Calories per serving

It's written in bold for you to find it easier

### 3. % Daily Value (based on a 2,000 calorie goal per day)

This number represents the percentage of how much a nutrient meets your daily nutritional needs. In this case, this food/product is a low source of cholesterol and a high source of iron

### 4. Total Sugar

The total amount of sugar: added sugar + naturally occurring sugar

### 5. Added Sugar

This is the amount of sugar added to a food

**New Label / What's Different?**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
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<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
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\* 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.

**Servings: larger, bolder type** —

**Serving sizes updated** —

**Calories: larger type** —

**Daily Values Updated** —

**New: added sugars** —

**Change in some nutrients required** —

**Actual amounts declared** —

**New footnote** —



# The New Food Label: What's Included?

The new food label implemented several changes which include:

- 1. Serving size and servings per container are bigger and bold font
- 2. Calories per serving are bigger and bold font
- 3. The percentage of the daily value help to determine if an ingredient is either high or low in a food
- 4. Added sugars and total sugars
- 5. Calcium is included and shows the exact number of milligrams (mg) and Vitamin A and Vitamin C have been removed
- 6. The explanation of the Daily Value % has changed slightly

OLD LABEL	NEW LABEL																					
<p><b>Nutrition Facts</b> Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p><b>Amount Per Serving</b> <b>Calories</b> 230      Calories from Fat 72</p> <hr/> <p style="text-align: right;"><b>% Daily Value*</b></p> <p><b>Total Fat</b> 8g      <b>12%</b> Saturated Fat 1g      <b>5%</b> Trans Fat 0g</p> <p><b>Cholesterol</b> 0mg      <b>0%</b> <b>Sodium</b> 160mg      <b>7%</b> <b>Total Carbohydrate</b> 37g      <b>12%</b> Dietary Fiber 4g      <b>16%</b> Sugars 1g</p> <p><b>Protein</b> 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		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	<p><b>Nutrition Facts</b> <b>1</b> 8 servings per container <b>Serving size 2/3 cup (55g)</b></p> <hr/> <p><b>2</b> <b>Amount per serving</b> <b>Calories 230</b></p> <hr/> <p style="text-align: right;"><b>% Daily Value*</b></p> <p><b>3</b> <b>Total Fat</b> 8g      <b>10%</b> Saturated Fat 1g      <b>5%</b> Trans Fat 0g</p> <p><b>Cholesterol</b> 0mg      <b>0%</b> <b>Sodium</b> 160mg      <b>7%</b> <b>Total Carbohydrate</b> 37g      <b>13%</b> Dietary Fiber 4g      <b>14%</b> Total Sugars 12g</p> <p><b>4</b> Includes 10g Added Sugars      <b>20%</b></p> <hr/> <p><b>5</b> <b>Protein</b> 3g</p> <hr/> <p>Vitamin D 2mcg      10% Calcium 260mg      20% Iron 8mg      45% Potassium 235mg      6%</p> <p><b>6</b> * 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.</p>
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Total Carbohydrate	300g	375g																				
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# Nutrient Content Claims

- ▶ A nutrient content claim is listed on the front of the package to help sound more appealing to consumers to promote the product as healthy or try to make it sound healthier. They are FDA approved, and each claim must meet a certain definition to be listed on a food label

## Examples of Nutrient Claims:

- **Reduced:** means at least 25% less than the original product whether for fat/calories/sodium
- **Free:** Calories free: means less than 5 calories per serving
- **Fat free:** means less than 0.5 grams of fat per serving
- **Sodium free:** means less than 5 mg of sodium per serving
- **Cholesterol free:** means less than 2 grams of cholesterol per serving
- **Light, Lite:** meets the definition for “low calorie” & “low fat ” (less than 40 calories per serving or less than 3 grams of fat)

\*Remember, a food label that has a nutrient content claim does not mean that it is healthy! Still read the food label before purchasing anything.



# Nutrient Content Claims Continued

- ▶ The most common and easiest way to add flavor to a food is through the use of sugar, salt, and fat.
- ▶ Typically when companies remove one of these from a food, they will typically replace it with either a different one of these or something else.
- ▶ This means a product that is listed as **fat free** it is likely to have more sugar or another added “filler”.





# Search for Sugar in Your Foods: Natural vs. Added

## ▶ Natural Sugar:

- ▶ When reading the ingredient list, you will notice that sugar is not listed when there is no added sugar in a product.

\*Notice- The only ingredients listed are Nonfat milk, vitamin A, and vitamin D. Lactose is a naturally occurring sugar found in milk, which explains the 12 grams of sugar listed on this food label.



## ▶ Added Sugar:

- ▶ Sugar will be found in the ingredient list. In this product, it flat out says “sugar”, but sugar can be hidden as many different names.



# Search for Sugar in Your Foods: Names for Sugar

- ▶ There are many different names for sugar, and companies like to use them to hide added sugar in foods.
- ▶ Remember: the ingredients listed on a food label are in descending order; just because sugar isn't listed first doesn't mean there isn't a lot of added sugar in a product



# Search for Sugar in Your Foods: How Many Teaspoons?

- ▶ To determine the number of teaspoons of sugar per serving of a food:
  - ▶ Take the total number of grams of added sugar and divide by 4
  - ▶ Keep in mind the recommended daily limit of added sugar: (According to the American Heart Association)
  - ▶ Men: 9 teaspoons
  - ▶ Women: 6 teaspoons

\*Teaspoons of added sugar calculation: 39 grams of added sugar divided by 4 = **9.75 teaspoons** in just 1 (12 ounce) can of regular soda!



# What does a Teaspoon of Sugar Look Like?

**4 grams of sugar = 1 teaspoon**

- ▶ A teaspoon is 1/3 of a tablespoon
- ▶ Teaspoon of sugar = about 16 calories



1 teaspoon

=



1 sugar cube

=



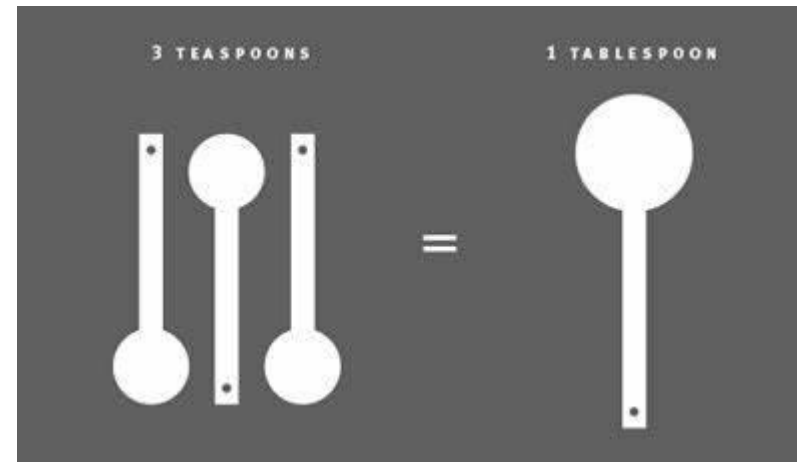
1 sugar packet



Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example:

$$\text{"Sugars 28g"} = 28 \div 4 = 7 \text{ teaspoons}$$



# Carbohydrate Counting for Diabetes

- ▶ 15 grams of carbohydrates found in food is known as 1 carb choice
- ▶ The table below is the recommended amount of carb counting for those with diabetes. It is broken down by gender and by meal and snack time

Gender	For Weight Loss	For Weight Maintenance	Snacks
Women	30-45 grams per meal	45-60 grams per meal	15 grams per snack
Men	45-60 grams per meal	60-75 grams per meal	15 grams per snack

- ▶ This is why reading the food label is even more important for those with diabetes!
- ▶ \*The above statements are a general rule. Grams of carbohydrates are individualized for each person based off of each person's nutritional needs!



# Look for Protein on the Food Label

- ▶ Try to get in protein at each meal and snack you consume each day!
- ▶ Reason: protein helps you feel full longer!
  
- ▶ Serving Size: 3 oz.
- ▶ 12 grams of protein in 1 serving of this food

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3 oz. (85g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 96mg	2%

\*The % Daily Value 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.

# Comparison of Two Products



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 container</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Total Sugars 20g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 5g	
Vit. D 3mcg 15%	Calcium 260mg 20%
Potas. 270mg 6%	Vit. A 180mcg 20%
Not a significant source of dietary fiber and iron.	
<small>*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.</small>	



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 container</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>1%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Total Sugars 7g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 5g	
Vit. D 2.9mcg 15%	Calcium 190mg 15%
Potas. 250mg 6%	Vit. A 200mcg 20%
Not a significant source of dietary fiber and iron.	
<small>*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.</small>	

▶ Here are two products both of which are yogurt, both contain 6 ounces, and both are even made by the same company, yet nutritionally they are very different!

▶ The original contains:

- ▶ Calories: 140
- ▶ Fat: 1.5 grams
- ▶ Total Carbohydrate: 28 grams
- ▶ Total sugar: 20 grams
- ▶ Added sugar: 14 grams

▶ The light version contains:

- ▶ Calories: 80
- ▶ Fat: 0 grams
- ▶ Total Carbohydrate: 15 grams
- ▶ Total sugar: 7 grams
- ▶ Added sugar: 1 gram

\*After reviewing the food label of both products, which do you think is the better choice to promote weight loss? Correct answer: The “light” version

# Where are Healthy Foods Located?

- ▶ When shopping in a grocery store, typically the healthier food options are located around the perimeter (the outside walls) of the store.
  - ▶ You can verify this by reading the food label!
  - ▶ However, keep in mind that some foods such as fresh produce do not have a food label. You can look up the nutrition facts for a particular food either online, a tracking app, or a book from the library.



# Time to Practice

## What You've Learned!

- ▶ 1. What is the serving size of this product?
- ▶ 2. How many calories are in 2 servings?
- ▶ 3. According to the % daily value, what is 1 nutrient listed that is considered a to be a low source found in this product?
- ▶ 4. According to the % daily value, what is 1 nutrient listed that is considered a to be a high source found in this product?
- ▶ 5. How many grams of added sugar does this product contain?

<b>Nutrition Facts</b>	
About 14 servings per container	
<b>Serving size</b>	<b>2 tbsp (32g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 8g	<b>6%</b>
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 200mg 4%

\*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.

**Ingredients:** Roasted Peanuts, Sugar, Less than 2% of: Hydrogenated Vegetable Oil (Rapeseed and Cottonseed), Salt.  
**CONTAINS PEANUTS.**

# Answers From Practice Questions

- ▶ 1. 2 Tablespoons (32 grams)
- ▶ 2. 400 calories
- ▶ 3. Trans fat, Cholesterol, Sodium, Total Carbohydrate, Added Sugar, Vitamin D, Iron, Calcium, Potassium are all correct!
- ▶ 4. Total fat
- ▶ 5. 2 grams of sugar is added to this product (this means that 1 gram of sugar is naturally occurring since this product contains 3 grams of total sugar)

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**Ingredients:** Roasted Peanuts, Sugar, Less than 2% of: Hydrogenated Vegetable Oil (Rapeseed and Cottonseed), Salt.

**CONTAINS PEANUTS.**



- ▶ Be smart by purchasing healthier foods at the grocery since you can now read a food label!



- ▶ Know what you are actually paying for at the register before you pay for it with your health!