

HOT TOPIC IN NUTRITION: READING A FOOD LABEL



 **Deaconess**
WEIGHT LOSS
SOLUTIONS

Food manufacturers know that a person is likely to focus on a certain aspect of a food label.



Understanding the information on the food label helps you make better food choices

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. | This example shows that the package contains 8 servings. But the information provided is for only 1 serving.

Look at the amount of fat, especially saturated and trans fat, in each serving.

See how many grams of carbs are in each serving

You can also see how many grams of Added Sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

Decide whether the food fits into your plan.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories 230

% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
2%	Added Sugars 1g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
6%	Potassium 235mg

* 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.

Examine the Facts: 3 Easy Steps for Healthful Food Choices

1. Review Calories:

Check serving sizes & number of servings per package & calories per serving .

2. Check these for heart health:

Choose foods that are lower in saturated fat & sodium. Keep trans fat to 0.



3. Ask: Is this food nutritionally sound? Is it rich in nutrients and Fiber?

Nutrition Facts	
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Amount per serving	
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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%

Eating too many calories per day is linked to overweight, obesity, & the development of certain chronic diseases.

Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk of for chronic diseases.

Check for added sugars. Added sugars should be limited to 10% or less of your total calories.

Eating enough of fiber and nutrients can improve your health & help reduce your risk for some diseases .

Reading A Food Label: Serving Size Information

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Trans Fat 0g	
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- 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.

The Food Label is based on 1 serving

- Serving size on this food label: 2/3 cup
- Servings per container: 8 servings
- Calories per serving: 230 calories

Reading A Food Label: Serving Size Information

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8 servings per container	
Serving size	2/3 cup (55g)
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% Daily Value*	
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Double the Serving Sizes then double calories

- Eating 1 1/3 cup of this food item provides:

460 calories

(230 calories per 2/3 cup x 2 (servings) = 460 calories)

Note: Not only does the serving size double but every thing on a food label double.

**IT IS IMPORTANT TO KNOW
YOUR SERVING SIZE!!!**

Reading A Food Label: Fats, Cholesterol, & Sodium

For A Healthier Heart:

Eat Less: Total fat, Saturated fat, Trans fat, Cholesterol and Sodium

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

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- Eat less of the nutrients highlighted in pink for a healthy heart



Reading a Food Label: Use the % of the Daily Values

Sample Label for Frozen Lasagna

1. Serving Information	Nutrition Facts 4 servings per container Serving size 1 cup (227g)																														
2. Calories	Amount per serving Calories 280																														
3. Nutrients	<table> <tr> <th></th><th>% Daily Value*</th></tr> <tr> <td>Total Fat 9g</td><td>12%</td></tr> <tr> <td>Saturated Fat 4.5g</td><td>23%</td></tr> <tr> <td>Trans Fat 0g</td><td></td></tr> <tr> <td>Cholesterol 35mg</td><td>12%</td></tr> <tr> <td>Sodium 850mg</td><td>37%</td></tr> <tr> <td>Total Carbohydrate 34g</td><td>12%</td></tr> <tr> <td>Dietary Fiber 4g</td><td>14%</td></tr> <tr> <td>Total Sugars 6g</td><td></td></tr> <tr> <td>Includes 0g Added Sugars</td><td>0%</td></tr> <tr> <td>Protein 15g</td><td></td></tr> <tr> <td>Vitamin D 0mcg</td><td>0%</td></tr> <tr> <td>Calcium 320mg</td><td>25%</td></tr> <tr> <td>Iron 1.6mg</td><td>8%</td></tr> <tr> <td>Potassium 510mg</td><td>10%</td></tr> </table>		% Daily Value*	Total Fat 9g	12%	Saturated Fat 4.5g	23%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 850mg	37%	Total Carbohydrate 34g	12%	Dietary Fiber 4g	14%	Total Sugars 6g		Includes 0g Added Sugars	0%	Protein 15g		Vitamin D 0mcg	0%	Calcium 320mg	25%	Iron 1.6mg	8%	Potassium 510mg	10%
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4. Quick Guide to percent Daily Value (%DV)																															

- 5% or less is **low**
- 20% or more is **high**

Help to evaluate if the food fits with your dietary goals



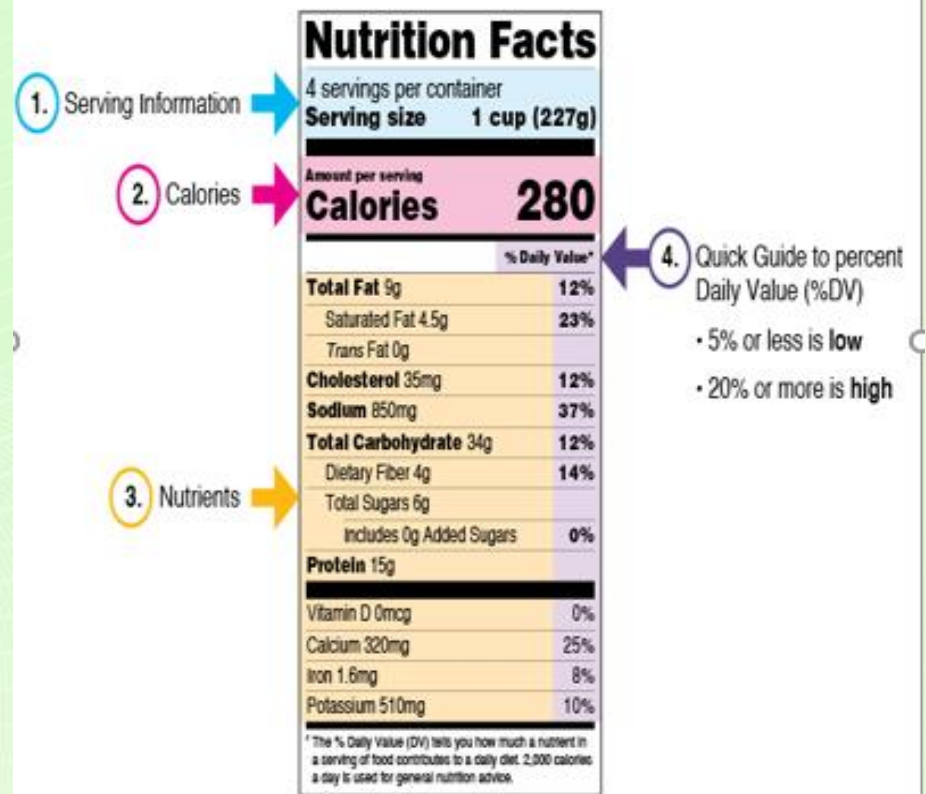
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Reading a Food Label: % Daily Value (% DV)

% Daily Value (% DV) Guide

- 5% or less = low source of a nutrient on the label
- 10 to 19% = a good source of a nutrient on the food label
- **NOTE:** A “good source” does not always mean it is desirable when it comes to fat, cholesterol, sodium, sugar etc. Remember to keep % DV low when it comes to these items 5% or less.
- 20% or more = a high source of a nutrient on a food label

Sample Label for Frozen Lasagna



Reading A Food Label: Carbohydrates

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
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Total Carbohydrates Include:

- Fiber
- Sugars
- Starches
- Sugar alcohols
- Other carbohydrates

NOTE: Sugar alcohols, starches and other carbohydrates may or may not appear under total carbohydrates.

Myplate method helps to avoid excessive carbohydrates.



Snacks: Should be limited to 15 to 30 grams of carbohydrates per snack

Reading a Food Label: Natural vs Added Sugar



Nutrition Facts
Servings: 8, **Serv. Size: 1 cup (240ml),**
Amount per serving: **Calories 90,**
Total Fat 0g (0% DV), **Sat. Fat** 0g (0% DV), **Mono. Fat** Xg,
Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 130mg
(5% DV), **Total Carb.** 13g (5% DV), **Fiber** 0g (0% DV), **Total**
Sugars 12g (Incl. 0g Added Sugars, 0% DV), **Protein** 8g, Vit.
D (25% DV), Calcium (30% DV), Iron (0% DV), Potas.
(9% DV), Vit. A (10% DV). DV = Daily Value

INGREDIENTS: FAT FREE MILK, VITAMIN A PALMITATE,
VITAMIN D₃.

In viewing the ingredient label above, one does not see any sugar in the ingredient list. Therefore, the 12 grams of sugar listed on the label is from the natural occurring sugar in milk which is lactose.



The label above includes 26 grams of total sugar with 15 grams being from added sugar. When looking at the ingredient list, one will find sugar to be the second ingredient on the list. The ingredients on the label are in descending order by weight. (The first ingredient on the ingredient list is the most by weight.)

Natural Sugars vs. Added Sugars

Natural Sugars

- Are found in fruits, vegetables, dairy and whole grains
- Are absorbed slowly into the system over a period of time (sugar high avoided)
- Are loaded with additional vitamins & minerals
- Can be converted into energy
- Help support your body to function and be active

Added Sugars

- Are in processed foods such as white breads, white pasta, cakes, candy, soft drinks
- Are absorbed quickly into the system creating a sugar high
- Are high in calories and have limited nutritional impact
- Don't fill you up and increase cravings

ADDED SUGARS: that may be listed on food labels

75 DIFFERENT NAMES FOR SUGAR		
Agave nectar	Dextrin	Maltol
Anhydrous dextrose	Dextrose	Maltose
Barbados sugar	Diastatic malt	Mannose
Barley malt	Diatase	Maple syrup
Barley malt syrup	Ethyl maltol	Molasses
Beet sugar	Evaporated cane juice	Muscovado
Brown sugar	Free-flowing brown sugars	Nectar
Buttered syrup	Fructose	Palm sugar
Cane juice	Fruit juice	Pancake syrup
Cane juice crystals	Fruit juice concentrate	Panela
Cane sugar	Galactose	Panocha
Caramel	Glucose	Powdered sugar
Carob syrup	Glucose syrup solids	Raw sugar
Castor sugar	Golden sugar	Refiner's syrup
Coconut palm sugar	Golden syrup	Rice syrup
Coconut sugar	Grape sugar	Saccharose
Confectioner's sugar	High-fructose corn syrup	Sorghum syrup
Corn sweetener	Honey	Sucrose
Corn syrup	Icing sugar	Sweet sorghum
Corn syrup solids	Isoglucose	Syrup
Crystalline fructose	Invert sugar	Table sugar
D-ribose	Lactose	Treacle
Date sugar	Malt	Turbinado sugar
Dehydrated cane juice	Malt syrup	White granulated sugar
Demerara sugar	Maltodextrin	Yellow sugar

How much added sugars are in a product?

To Determine teaspoons
of sugar per serving:



Take total grams of sugar
&

Divide \div 4

(39 grams \div 4) =

= 9.75 teaspoons



Serving size: 12 oz

Sugar per serving: 39 grams

Teaspoons of sugar per serving:

9.75 teaspoons

Nutrition Facts: Activia® Yogurt



- **Protein** helps to improve muscle mass and therefore metabolism.
 - *Protein* can help keep you feeling full longer!

Determining Milligrams(mg) of Calcium in One Serving of a Food

To determine milligrams (mg) of calcium per serving

- Find calcium on this food label
Calcium/serving-300 mg
- Know your serving size
Serving Size per food label=1 cup



1 cup provides 300 mg of calcium
 $\frac{1}{2}$ cup provides 150 mg of calcium
 2 cups provides 600 mg of calcium

Reading a Food Label: Vitamins & Mineral



If your goal is to include more of these vitamin & minerals in your diet, look for 20% or more Daily Value.

1 Vitamin & 3 Minerals have to be listed on the food label:

- Calcium
 - Iron
 - Potassium
 - Vitamin D
- ***Note:** Other vitamins & minerals can be listed but do not have to be included.

- Nutrient Content Claims are used on the front of package to distinguish a change of a nutrient in a food.



Examples of Nutrient Claims:

- Reduced: means at least 25% less than the original product whether for fat/calories/sodium
Caution: Read the food label to ensure that the product is as healthy as the manufacturers make it sound.
- 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)



Compare the Two Foods

Original Yoplait



Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 6g	
Vit. D 2.1mcg 10% • Calcium 220mg 15%	
Potas. 280mg 6% • Vit. A 170mcg 15%	
Not a significant source of dietary fiber and iron.	
*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.	

Serving Size: 1 Container

Calories: 150

Total Fat: 2 grams

Sugars: 19 grams

Protein: 6 grams

Yoplait Light: (less added sugar=better choice)



Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 18g	7%
Total Sugars 10g	
Includes 4g Added Sugars	8%
Protein 5g	
Vit. D 2.9mcg 15% • Calcium 210mg 15%	
Potas. 250mg 6% • Vit. A 180mcg 20%	
Not a significant source of dietary fiber and iron.	
*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.	

Serving Size: 1 Container

Calories: 90

Total Fat: 0 grams

Sugars: 10 grams

Protein: 5 grams

Who are the food Manufacturers targeting when they state “No Sugar Added?”



ANSWER: People who want to:

- 1) Lose weight
- 2) Keep their blood sugar in control

Sugar adds flavor

If sugar is not added to a food that normally has the added sugar, the flavor is altered.



An ingredient may be added to the product to give it flavor such as fat or sodium.

Names of Products That Make Them Sound Healthy

- Healthy Choice
- Lean Cuisine
- Campbell Healthy Request
- Weight Watchers
- Saltine Crackers made from whole grains
- Special K
- Reduced sodium soy sauce



A wise consumer will be able to look at the label and determine if a product is as healthy as the manufacturer makes it sound.

Review a Food Label



Nutrition Facts

Serving Size 1 bar (35 g)

Per Serving % Daily Value*

Calories 130

Total Fat 5.0g 6%

Saturated Fat 1g 5%

Cholesterol 0 mg

Sodium 125mg 5%

Carbohydrates 23.0g 8%

Dietary Fiber 4.0g 14%

Total Sugars 7.0g

Includes 7 g Added Sugar

Protein 3.0g

Vit. D 0 mcg 0% Calcium 20 mg 2%

Potassium 120 mg 2% Iron 6%

DV for Fiber is 16%:

Would the fiber content be considered a low, good or high source of fiber?

ANSWER: GOOD SOURCE



Nutrition Facts	
6 servings per container	
Serving size 1 Pouch (25g)	
Amount per serving	
Calories 100	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber <1g	2%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Vegetable Glycerin 2g	
Protein <1g	
Vitamin D 0mcg 0%	Calcium 10mg 0%
Iron 0.5mg 2%	Potassium 20mg 0%
*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: Enriched flour (wheat flour, niacin, reduced iron, vitamin B ₃ [thiamin mononitrate], vitamin B ₂ [riboflavin], folic acid), sugar, vegetable glycerin, vegetable oil (soybean, palm and/or palm kernel), fructose, dextrose, maltodextrin.	
Contains 2% or less of modified food starch, apple powder, strawberry puree concentrate, nonfat milk, cornstarch, invert sugar, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), soy lecithin, reduced minerals whey, salt, DATEM, vegetable juice for color, sodium citrate, natural flavors, cellulose gel, citric acid, malic acid, mono- and diglycerides, cellulosic gum, sodium alginate, tricalcium phosphate, rosemary extract for freshness.	
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.	

DV for Fiber is 2 %:

Would the fiber content in this Special K treat be considered a low, good or high source of fiber?

ANSWER: LOW SOURCE

Which Snack Item will keep you feeling full for a longer period of time?

ANSWER: The Product Higher in Fiber



What will be one or two things that you will look at on food labels?

