

How to Read The Food Label



Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat half of the serving size shown here, cut the nutrient and calorie values in half.

Calories

Are you over weight? Cut back a little on the calories! A 5'4", 138# active woman needs about 2200 calories a day. A 5'10", 174# active man needs about 2900. How about you? (Note: Fat free does not mean calorie free!)

Total Carbohydrates

Carbohydrates are in most all foods, like, bread, potatoes, fruit, milk and vegetables. Make sure you choose these more often. Carbs are not found in meat and protein foods like eggs and cheese.

Dietary Fiber

Eat as much as you can! That goes for both insoluble and soluble. Fruits, vegetables, whole-grain foods, beans, and peas are all good sources and can help reduce the risk of heart disease and cancer.

Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use fat-free or low-fat milk, yogurt and cheese.

Vitamins & Minerals

Your goal is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add it up. 100% DV of calcium is 1,000 mg. Teenagers need 1,300 mg of calcium per day (130% DV). Women after menopause need 1,500 mg of calcium per day (150% DV).

Total Fat

Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat

Saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease.

Cholesterol

Too much cholesterol—a second cousin to fat—can lead to heart disease. Eat less than 300 milligrams each day.

Sodium

Salt or sodium...either way it may add up to high blood pressure in some people. Keep your sodium intake low—less than 2400 milligrams each day (100% Daily Value).

Daily Value

Let the Daily Value (DV) be your basic guide. A food with 5% DV or less has a small amount of the nutrient; 20% DV or more is a lot. For fat, saturated fat, cholesterol, and sodium, choose foods with a low % DV and don't go over 100% for the day. For total carbohydrates, dietary fiber, vitamins and minerals, your DV is to reach 100% of each.

Daily values in the footnote are listed for people who eat 2,000 or 2,500 calories a day. If you eat more than 2,000 calories, your personal DV goals may exceed 100%. If you eat less, your personal goals may be lower.

See and example below:

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Macaroni & Cheese

Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrates 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% Vitamin C 2%

Calcium 20% Iron 4%

- Limit these ingredients
- Get enough of these nutrients
- 5% or less is low. 20% or more is high

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