

FOOD LABELS

You Are What you Eat

**Fruit and
vegetables**



**Bread, other
cereals, and
potatoes**



**Meat, fish and
alternatives**



**Foods containing
fat and foods
containing sugar**



**Milk and dairy
products**



FOOD LABELS

- ▶ When you go to a gas station, you have a choice of which fuel to choose for your car
 - ▶ Regular
 - ▶ Super unleaded
 - ▶ Premium
- ▶ Different fuels contain different amounts of energy.



FOOD LABELS

- ▶ Different food contain different amounts of calories.
- ▶ There are different kinds of energy.



FOOD LABELS

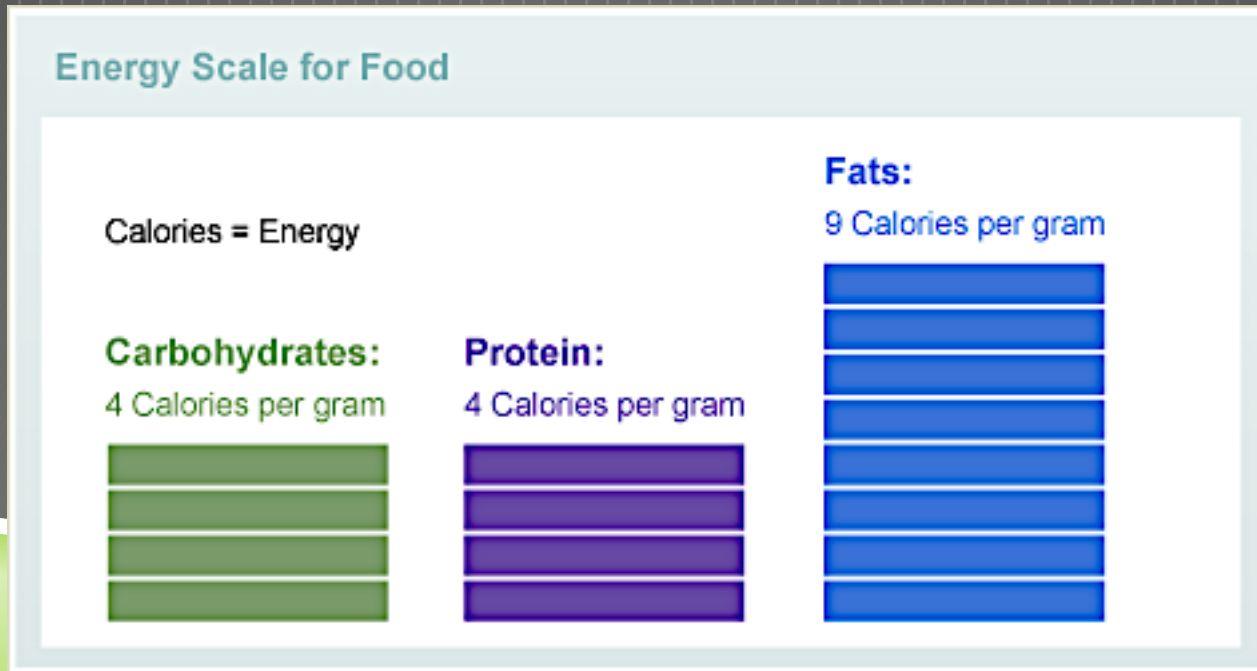
- ▶ All food is NOT equal in calories



FOOD LABELS

There are 3 main types of food energy.

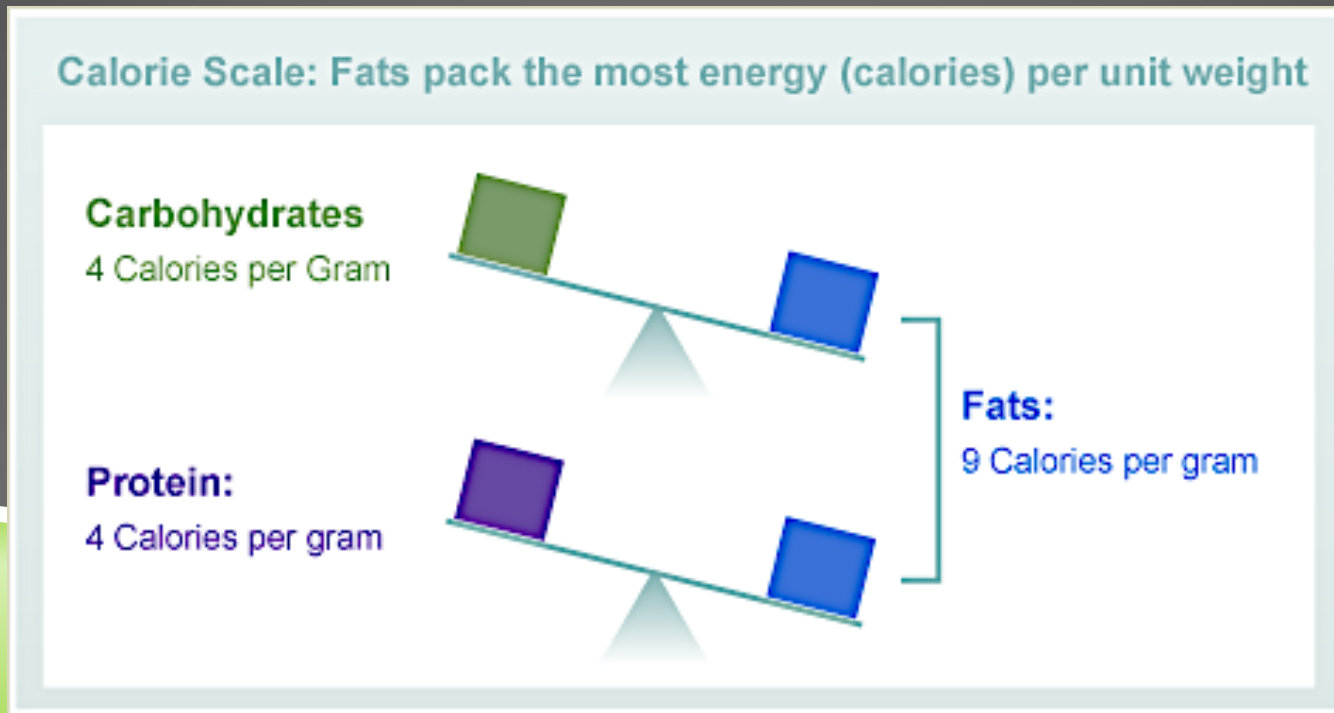
- ▶ Carbohydrates – 4 calories per gram
- ▶ Proteins – 4 calories per gram
- ▶ Fats – 9 calories per gram



FOOD LABELS

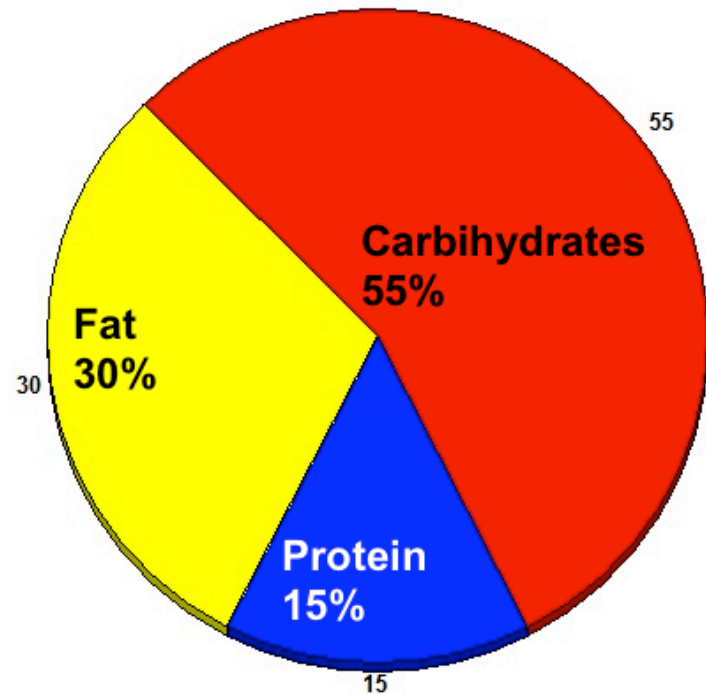
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FOOD LABELS

- ▶ On the average, Americans eat a diet which is too high in fat.
- ▶ Dietary Guidelines suggests that from a person's calories:
 - ▶ Carbohydrates – 55%
 - ▶ Protein – 15%
 - ▶ Fat – 30% or less



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- ▶ Under Federal Law passed in 1990, almost all packaged foods must have nutritional labels.
- ▶ The information on these labels can help you make healthful food choices.

FOOD LABELS

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 one-half the serving size shown here, cut the nutrient and calorie values in half.

Calories

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5' 4", 138-lb. active woman needs about 2,200 calories each day. A 5' 10", 174-lb. active man needs about 2,900. How about you?

Total Carbohydrate

When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose these often! They give you more nutrients than sugars like soda pop and candy.

Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. 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 skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

Vitamins & Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 80% • **Vitamin C** 60%

Calcium 4% • **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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

More nutrients may be listed on some labels.

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

A new kind of fat? No — 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. Eat less!

Cholesterol

Too much cholesterol — a second cousin to fat — can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low — 2,400 to 3,000 mg or less each day.*

*The AHA recommends no more than 3,000 mg sodium per day for healthy adults.

Daily Value

Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value. For total carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is to reach 100% of each.

g = grams (About 28 g = 1 ounce)

mg = milligrams (1,000 mg = 1 g)