

DECODE



LABELS

UNDERSTAND AND USE THE NUTRITION FACTS

Don't judge a food by the way its label looks. Read the Nutrition Facts section to find out the value of the food inside. Learning what the facts and figures mean can help you meet your nutritional needs.

Read the ingredients. Check for items that you or family members are allergic or sensitive to, such as peanuts, milk, eggs, and wheat.

Know that ingredients are listed in order from most to least.

Limit foods with added sugars, especially ones that list sugar sources first or second. These include:

- Sugar (sucrose)
- Corn syrup
- High fructose corn syrup
- Dextrose
- Fructose
- Maltose

Remember to be fussy about fats. As much as you can, choose foods with no *trans* fat.

Action Step

Read food labels to compare nutrients in foods. Choose foods that give more dietary fiber, less sugar, and zero trans fat.



If you eat two servings from this package of macaroni and cheese, you have to multiply the nutrition facts by two.

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%

Trans Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • 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
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Start here. Nutrition Facts are based on the serving size listed.

Check calories per serving.

Limit these nutrients.

Look for foods that give 20% or more Daily Value for one or more of these nutrients.

% Daily Value tells you whether the nutrient contributes a lot or a little to your total daily diet.