Adapted from eat right.

USING NUTRITION LABELS

HIGH DESERT FOOD & FARM ALLIANCE

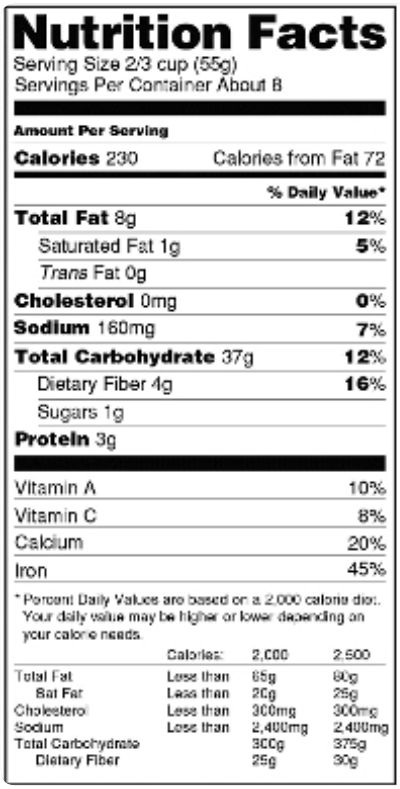
SHOP SMART

Become a smart shopper by reading food labels to find out more about the foods you eat.

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find out which one is a more suitable choice for your personal nutrition plan.
- Use the label to critical think about nutrient density of the food.

SERVING SIZE

- Look here for both the number of servings in the package and the serving size of one portion.



Nutrition Facts

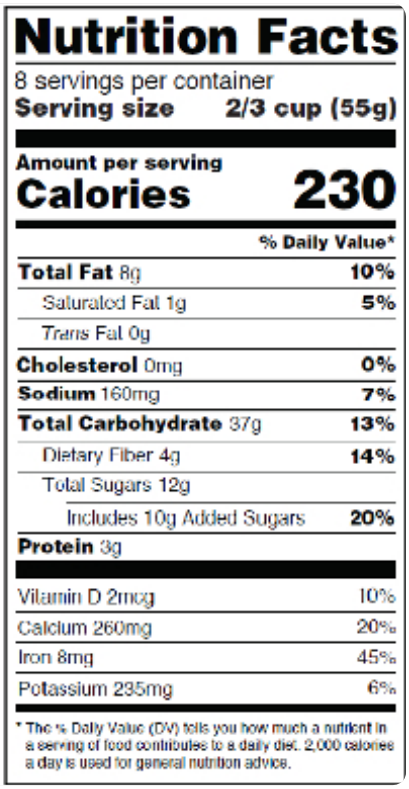
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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



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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%

* 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.

PACKAGING TERMINOLOGY

LOW CALORIE- < 40 calories per serving.

LOW CHOLESTEROL- < 20mg of cholesterol (and < 2g of saturated fat)

REDUCED- 25% less of the specified nutrient or calories than the usual product.

GOOD SOURCE OF- Provides at least 10% of the DV of a particular nutrient per serving.

FAT/SUGAR FREE- < .5g of fat or sugar per serving.

LOW SODIUM- < 140mg of sodium per serving.

HIGH IN - Provides 20% or more of the DV of a specified nutrient per serving.

PERCENT DAILY VALUES

- Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan.
- 5% or less is low- try to aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20% or more is high- try to aim high in vitamins, minerals, and dietary fiber.
- Limit added sugars to less than 10% of total calories daily.

CHECK THE INGREDIENT LIST

- Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.