USING NUTRITION LABELS

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.

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.