

Become fluent in Nutrition Facts

The information provided in the Nutrition Facts will help you to make informed decisions while grocery shopping. Understanding the information presented in nutritional labeling will help you to knowledgeably compare food products according to the benefits you will receive from their nutritional content.

The information included in the Nutrition Facts comes from advances in technology and scientific research related to the nutritional content of foods. It is required by law that packaged foods include the nutrition facts on their label.

| Amount Per Serving | |
|------------------------|----------------------|
| Calories 260 | Calories from Fat 72 |
| % Daily Value* | |
| Total Fat 8g | 13% |
| Saturated Fat 3g | 17% |
| Cholesterol 130mg | 44% |
| Sodium 1010mg | 42% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 9g | 36% |
| Sugars 4g | |
| Protein 25g | |
| Vitamin A 35% | Vitamin C 2% |
| Calcium 6% | Iron 30% |

* 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

Serving Size

The first piece of information listed in the nutrition facts is the serving size. Check the serving size and number of servings on each package. The

information on the label describes the nutritional content of one serving, but many packages contain more than one serving.

It's possible that you're consuming more than what is described on the label. If you double the serving, you're consuming double the calories and nutrients. When you compare the calories and nutrients contained in different brands of the same product, verify if the serving size is the same, because they often vary.

| Nutrition Facts | |
|------------------------|---------------|
| Serving Size | 1 cup (253 g) |
| Servings Per Container | 4 |

Calories

This section indicates the caloric value of each serving. You can use this information to compare similar foods.

Included in this section is the number of calories derived exclusively from fat, but

the type of fat is not specified. Consuming a high number of calories per day, regardless of the types of food they come from, is linked to obesity and cardiovascular diseases.

A quick guide to interpreting the calories on a nutritional label:

| Amount Per Serving | |
|--------------------|-----|
| Calories | 260 |
| Calories from Fat | 72 |
| % Daily Value* | |

| | |
|-------------------------|----------|
| ≤ 40 kcals per serving | Low |
| 100 kcals per serving | Moderate |
| ≥ 400 kcals per serving | High |

Nutritional Claims

Calorie-free less than 5 calories per serving.

A **calorie** is a measurement of the energy we obtain from food. Your caloric necessities are determined by your age, physique, and physical activity.

Nutrient List

Most people consume too many nutrients. Diets high in total fat, saturated fats, cholesterol or sodium increase the risk of sustaining chronic illnesses, such as cardiovascular diseases (hypertension) and some forms of cancer.

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 8g | 13% |
| Saturated Fat 3g | 17% |
| Cholesterol 130mg | 44% |
| Sodium 1010mg | 42% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 9g | 36% |
| Sugars 4g | |
| Protein 25g | |

Carbohydrates

The nutrition facts list the amount of total carbohydrates, among which are included dietary fiber, sugars and artificial sweeteners. It is recommended to avoid foods which are high in added sugars.

The recommended amount of fiber consumed is 25-38 grams per day. To increase your fiber intake, choose breads and cereals that offer more than 3 grams of fiber per serving, such as whole wheat bread, fortified cereals or oatmeal. Consuming enough fiber is highly recommended, because it adds volume to your diet, making you feel full faster, thus helping with weight control, improving digestion and preventing constipation.

*It is recommended that a woman consume **25g** and a man at least **38 g** of dietary fiber per day.*

Fats

To maintain a balanced diet, limiting the consumption of total fats, saturated fats, trans fats and cholesterol is recommended.

It is suggested that you consume less than 1% of your total calories from fat. To do this, limit the frequency with which you eat foods that are sources of these harmful fats, such as bacon, whole milk, and foods with hydrogenated fats like butter, cheese and baked goods.

It is recommended to choose foods that are good sources of mono or polyunsaturated fats such as those found in salmon, corn oil, nuts, canola oil and olive oil.

| | |
|--------------------------|-----------|
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 0.5g | |
| Cholesterol 0 mg | 0% |
| Potassium 95mg | 2% |

If the food contains less than .5 g of trans fats per serving, the manufacturer can market this food as if it is "not a significant source of trans fats."

Nutritional Claims

- Fat-free** less than 0.5 g of total fat or saturated fats per serving.
- Saturated Fat-free** less than 0.5g of saturated fats and less than 0.5g trans fatty acids per serving.
- Low-fat** 3 g or less of total fats per serving.
- Low in Saturated Fats** 1 g or less of saturated fats per serving
- Reduced or Less fat content** 25% less fat than the regular version.
- Cholesterol-free** Less than 2mg per serving.
- Low in Cholesterol** 20 mg or less per serving.
- Reduced or Less cholesterol content** 25% less cholesterol than the regular version.

Sodium

The American Heart Association recommends keeping your daily sodium intake below 1500 milligrams per day. For a food to be considered low in sodium, it should contain 140 mg or less per serving. Convenience, canned and processed foods are usually the highest in sodium.

Nutritional Claims

- Sodium-Free or Free of Salt** less than 5 mg of sodium per serving.
- Very Low Sodium Content** 35 mg of sodium or less per serving.
- Low Sodium Content** 140 mg of sodium or less per serving.
- Reduced or Less Sodium Content** 25% less sodium than the regular version

% Daily Value

The daily values section lists the percentage of the daily recommended amount of the nutrient listed (based on a 2000 calorie diet) that will be provided by one serving of the food product. It is important to understand that not all people need to consume 2000 calories daily, which can lead to confusion when interpreting the nutrition facts. Your nutritional needs will depend on how physically active you are, health conditions, gender, age and physique. Focus on the quantities of nutrients you consume, and on not consuming excessive fats and added sugars.

| | % Daily Value* |
|------------------------|----------------|
| Total Fat 8g | 13% |
| Saturated Fat 3g | 17% |
| Cholesterol 130mg | 44% |
| Sodium 1010mg | 42% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 9g | 36% |

Don't be Misled

Whole Grain

Just because a food claims to be “whole wheat” in its label doesn’t guarantee that it will be high in fiber. Be sure to read the fiber content per serving as listed on the nutritional facts and that one of the main ingredients listed is “whole grain.”

| Nutrition Facts | | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|--|--|-----------------------------|----------------|-------------------------------|----------------|
| Serving Size 1/2 cup (57g) | | Total Fat 7g | 10% | Cholesterol 0mg | 0% |
| Servings Per Container 6 | | Saturated Fat 1g | 5% | Sodium 10mg | 1% |
| Calories 220 | | Trans Fat 0g | | Total Carbohydrate 34g | 11% |
| Calories from Fat 60 | | Polyunsaturated Fat 1.5g | | Dietary Fiber 7g | 28% |
| *Percent Daily Values are based on a 2,000 calorie diet. | | Monounsaturated Fat 0.5g | | Sugars 3g | |
| | | Protein 8g | | | |
| | | Vitamin A 0% • Vitamin C 0% | Calcium 2% | • Iron 15% | |

| INGREDIENTS: |
|--|
| WHOLE GRAIN WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, NATURAL FLAVOR, SEA SALT, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SOY LECITHIN, RAISIN JUICE, VINEGAR, ASCORBIC ACID; TOPPED WITH WHEAT BRAN. |

Hidden Sugars

The list of ingredients on the nutritional label is organized from most to least, according to the amount of each ingredient contained in the item. Be sure to eat foods with high nutritional density, while keeping away from foods that are high in refined sugars (high caloric value, no nutritional value). Check and avoid the following ingredients:

- High Fructose Corn Syrup
- Corn Syrup
- Fruit Juice Concentrate

Zero Trans Fats

Now that the harmful effects of trans fats have been backed by scientific evidence, companies are obligated to publish the amount of these fats in nutritional labels. But don't be deceived by foods with “zero trans fats” because the law allows companies to market a product as “not a significant source of trans fats” if it contains less than .5 g of trans fats per serving. Other companies have substituted trans fats for saturated fats. To protect yourself, read the list of ingredients and avoid foods that contain:

| Nutrition Facts | | Amount/Serving | %DV* | Amount/Serving | %DV* |
|----------------------------|--|--|------------|------------------------|-----------|
| Serv. Size 4 cookies (32g) | | Total Fat 7g | 11% | Total Carb. 20g | 7% |
| Servings 9 | | Sat. Fat 4.5g | 23% | Dietary Fiber 1g | 4% |
| Calories 150 | | Trans Fat 0g | | Sugars 10g | |
| Calories from fat 60 | | Cholest. 0mg | 0% | Protein 2g | |
| | | Sodium 115mg | 5% | | |
| | | Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4% | | | |

INGREDIENTS: Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.

- Partially Hydrogenated Oils
- Hydrogenated Oils