



How to Use the Nutrition Facts Label



How to use the nutrition facts label

- Most packaged foods have a Nutrition Facts label.
- This short presentation will be a refresher on how to use the label to make healthy food choices.

Check serving sizes

- A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small—you decide.
- A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.
- Many times, **a single portion can have more than one serving.**
- For example, look at the label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it. A 3-ounce bag of chips, which some would consider a single portion, contains 3 servings.



Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	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

Look at the % Daily Value

- The Daily Value is how much of a specific nutrient you need to eat in a day. Percent (%) Daily Value tells how much of a nutrient is in one serving of food, compared to the amount you need each day.



A close-up photograph of a nutrition label. The label is tilted and shows several rows of text. The most prominent feature is the column header "% Daily Value*" which is circled in red. Other visible text includes "Per Serving", "Calories From Fat 29", "Fat 3.25g", and "less than 5%".

	% Daily Value*
Per Serving	
Calories From Fat	29
Fat	3.25g
less than	5%
2%	

5 Steps to Use Nutrition Facts

1

The Serving Size

- This package contains **2 serving**.
- Consume **Half** of the package to get the nutrients below

3

Limit these Nutrients

- Eating too much of these nutrients may **increase the risks** of certain chronic Diseases.

Get Enough of these Nutrients

- Eating enough of these nutrients can **improve your health** and help **reduce the risk** of some diseases.

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Footnote

- Tells you that %DV are based on a 2,000 calorie diet.

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%
<i>Trans</i> Fat 3g	
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%
* 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

2

Calories

- How Much **Energy you get** from a serving of this food
- 1 serving of this food provide you 250 calories and 110 calories are from fat

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% Daily Value

- Help you determine the nutrient level in a serving of food (High or Low)
- Keep in mind that:
< 5% DV is Low!
> 15% DV is High!

Pay attention to how your portions match the serving size listed on the label, so that you can be in control of how many calories, fat, cholesterol, sodium, and sugars you are eating.



Portion Distortion

- Average portion sizes have grown so much over the past 20 years that sometimes the plate arrives and there's enough food for two or even three people on it.
- Growing portion sizes are changing what Americans think of as a "normal" portion at home too. We call it **portion distortion**.



Comparison of Portions and Calories 20 Years Ago to Present Day

	20 Years Ago		Today	
	Portion	Calories	Portion	Calories
Bagel	3" diameter	140	6" diameter	350
Cheeseburger	1	333	1	590
Spaghetti w/meatballs	1 cup sauce 3 small meatballs	500	2 cups sauce 3 large meatballs	1,020
Soda	6.5 ounces	82	20 ounces	250
Blueberry muffin	1.5 ounces	210	5 ounces	500

Tips on how to eat healthy portions



- Restaurants often serve large meals. Some meals have portions that are enough for two people or more.
 - Split a large salad or main dish with a friend
 - Ask for a “to-go-box” at the beginning of the meal and pack half of it even before you start eating
 - Eat one slice of pizza, instead of two
- Food makers package foods and drinks in large sizes.
 - Pay attention to the nutritional facts label and match your portion with the recommended serving size printed on the label

Recommended Portion Sizes

**Protein
Portion**



**Carbohydrate
Portion**



**Vegetable
Portion**



My Plate

- Remember: current nutritional guidelines recommend that HALF your plate be filled with fruits and vegetables.

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

WHOLE GRAINS
Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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