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 20ounce soda (usually consumed as one portion). It has 2.5 servings in it. A 3ounce bag of chips, which some would consider a single portion, contains 3 servings.

Serving Size 1		1	
Servings Per C	ontainer 2		
Amount Per Serv	dna		
Calories 260		lories from	Eat 100
Calones 200	Ca	ones irom	Fat 120
		% Dal	ly Value
Total Fat 13g	1		20%
Saturated Fa	at 5a		25%
Trans Fat 2g	-		
The state of the s	TO DE NO		10%
Cholesterol	The same of the sa		0.000
Sodium 660m	lg		28%
Total Carbol	ydrate 3	1g	10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Protein 5g			
Vitamin A 4%		Vitam	in C 2%
Calcium 15%		Iron 4%	
* Percent Daily Values Your Daily Values your calorie needs:	may be highe		
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate		300g	3759
Dietary Fiber		25g	30g
Calories per gram:			

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.



5 Steps to Use Nutrition Facts

Sorving Size 1 cup (228g)



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



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.

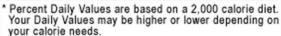


Footnote

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



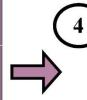
Servings Per Container 2				
Amount Per Servin	g			
Calories 250	Calories from Fat 1	10		
	% Daily Value	e*		
Total Fat 12g	18	%		
Saturated Fat 3	g 15	%		
Trans Fat 3g				
Cholesterol 30mg	g 10	%		
Sodium 470mg	20	%		
Total Carbohydra	ite 31g 10	%		
Dietary Fiber 0	g 0	%		
Sugars 5g				
Protein 5g				
Vitamia A		0/		
Vitamin A		%		
Vitamin C		%		
Calcium	20)%		



	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

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



% 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.



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 meatball s	500	2 cups sauce 3 large meatballs	1,020
Soda	6.5 ounces	82	20 ounces	250
Blueberry	1.5	210	5 ounces	500

ounces

Present Day

muffin

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

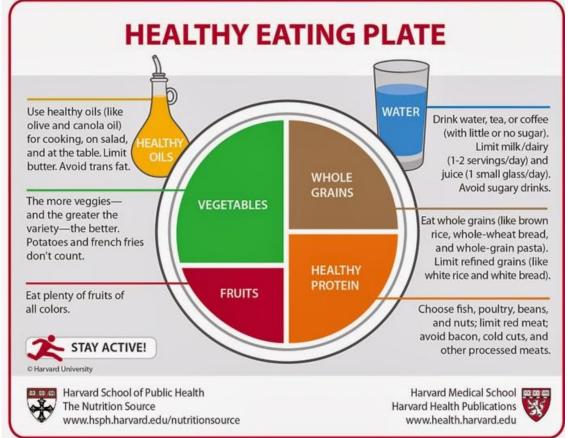






My Plate

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



Thank you and Be Well!

• <u>Please give us</u> <u>feedback!</u>

