Label Reading
Deciphering the Nutrition Facts Label
Project Sponsors

- USDA project funded through the Supplemental Nutrition Assistance Program (SNAP)
- School District of Philadelphia
- Department of Nutrition Sciences, Drexel University

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7482 or 215-430-0558. USDA is an equal opportunity provider and employer.
Eat.Right.Now Nutrition Education Program

- **Mission:** to provide nutrition education to Supplemental Nutrition Assistance-eligible adults and children in the Philadelphia community
- Official Nutrition Education Program of the School District of Philadelphia
- Nutrition activities provided by trained nutrition educators
Why is a healthy diet important?

- Better school performance
- Developmental growth
- Helps manage weight and prevents overweight and obesity
- Reduces the risk of chronic disease
- Reduces the risk of early mortality
Which has fewer calories?

- 17 French fries: 265 calories
- 1 cup noodles: 197 calories

1 cup noodles has fewer calories.
Which has fewer calories?

1 ounce pretzels: 108 calories

1 ounce chips: 152 calories
Looking Beyond Calories

12 oz. 100% orange juice
164 calories

12 oz. orange soda
179 calories

Not very different, but which is healthier?
Looking Beyond Calories

- 12 oz. cola: 155 calories
- 12 oz. low-fat milk: 154 calories

Not very different, but which is healthier?
Nutrition Facts Label

• Use food labels to help you make better food choices
• Check for calories
• Look at the serving size and how many servings you are actually consuming
• Choose foods with lower calories, saturated fat, trans fat, and sodium
• Check for added sugars using the ingredients list
**Nutrition Facts**

**Start Here**

**Serving Size 1 cup (228g)**

**Servings Per Container 2**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 250</td>
<td>% Daily Value*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugar</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Footnote**

**Calories:**

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Less than</td>
<td>30mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Quick Guide to % Daily Value**

5% or less is Low
20% or more is High
How many calories would you consume if you eat the whole package?
► 500 calories

How many grams of fat?
► 24 grams
Portion vs. Serving

**Portion** - amount of a food item you eat at one time
- Amount served in a restaurant
- Amount offered in packaged foods
- Amount you choose to put on your plate

**Serving** - a unit of measure listed on a food product’s Nutrition Facts panel
- It tells the amount of calories and other nutrients in that particular serving of food.
- Examples: cup or ounce
Percent Daily Value (% DV)

- Shows how a food fits into a daily diet
- Based on 2000 calorie diet
- Interpreting Percent Daily value
  - 5% is Low
  - 20% is High
Highs and Lows

Get enough of these nutrients:
- Dietary Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Limit these nutrients:
- Fat
- Cholesterol
- Sodium
Interpreting the Label

Which nutrients have high values?
► Fat, sodium, and calcium

Which nutrients have a low value?
► Vitamin A, Vitamin C & Iron

What nutrient is this food lacking?
► Dietary Fiber
Ingredients List

- Ingredients are listed in order from most to least
- Avoid added sugars
- What about this ingredient list makes this food appear to be a healthy choice?

“Whole wheat” as a first ingredient
LABEL READING ACTIVITY