

CHOOSE WISELY!

Understanding Food Labels



1 START HERE: SERVING SIZE

Tells you how much food the nutrition information is based on. Check it! If you eat more (or less) than the serving size, you need to adjust the numbers.



3 LIMIT THESE:

Try to keep these **LOW**.

- Saturated Fat
- Cholesterol
- Sodium



4 GET ENOUGH:

Look for foods with **HIGH** amounts of Dietary Fiber.

Fiber is good for your health!



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2 CALORIES COUNT!

Shows how many calories are in ONE serving. Use it to compare similar foods.



5 WATCH OUT FOR ADDED SUGARS

Includes sugars added during processing or preparation.

Choose foods with less added sugar.



6 VITAMINS & MINERALS

These help you see if the food is a good source of important nutrients like Vitamin D, Calcium, Iron, and Potassium.



QUICK TIPS

% DAILY VALUE (DV) TIP: 5% or less per serving is considered *low*; 20% or more per serving is *high*.



COMPARE!

Use the label to choose the best option.



CHECK SERVING SIZE

Smaller package doesn't always mean fewer calories.



LOOK FOR:

- ✓ More Fiber (> 5g)
- ✓ Less Saturated Fat (< 1g)
- ✓ Less Added Sugars (< 2g)
- ✓ Less Sodium (< 140 mg)



READ & CHOOSE

Make labels work for you and your health!



BOTTOM LINE: Nutrition Labels give you the facts. Use them to make smarter, healthier choices!



Allegany County
HEALTH DEPARTMENT
"Healthy People. Healthy Communities"