

## Navigating Food Labels

**1. Serving size and Number of Serving per Container:** Always look at the serving size located at the top of the food label first (i.e. 1/2 cup, 5 crackers, 15 chips, 3oz meat). All nutrients listed are for **ONE** serving of the food.

\*Note that **SERVINGS PER CONTAINER** equals the number of servings contained in the entire package.

**2. Check Calories:** Look to determine calorie content of *each serving* of the food.

**3. % Daily Values:** Look at percentages to determine if the food is high or low in the nutrient.

a. ≤5%= Food is **low** in nutrient

b. ≥20%= Food is **high** in nutrient

**4. Look for foods HIGH in:** Vitamin D, Calcium, Iron, Potassium, Dietary Fiber, or Protein

**5. Look for foods LOW in:** Saturated Fat, Trans Fat, Cholesterol, Sodium, and Added Sugars.

**6. Ingredients:** Food is highest in the **FIRST** item listed under ingredients and lowest in the **LAST** item listed.

a. **Whole Grains:** **WHOLE** should be first word on the ingredients list. Avoid grains that start with the words “enriched” or “unbleached.”

b. **Trans-Fat:** Look for hidden trans-fat ingredients called “**partially hydrogenated oil.**”

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

Start Here

Check Calories

Limit These: Saturated Fat, Trans Fat, Cholesterol, Sodium

Increase Fiber

Limit Added Sugars

Increase Vitamins and Minerals