



HAVE A HEALTHY AND HAPPY NEW YEAR



From the desk of the Registered Dietitian: *Rachel Robinson, RD, Chief Clinical Dietitian*

A Quick Guide to Reading the Nutrition Facts Label

1) Start with the Serving Size

Look here for both the serving size (the amount for one serving), and the number of servings in the package. Remember to compare your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

2) Check Out the Calories

Find out how many calories are in a single serving. It's smart to cut back on calories and fat if you are watching your weight.

3) Limit Saturated Fat, Trans Fat and Sodium

Saturated fat and trans fat are linked to an increased risk of heart disease. High sodium levels can contribute to high blood pressure. Remember to aim low for % DV of these nutrients.

4) Get Enough Vitamins, Minerals and Fiber

Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia. Choose more fruits and vegetables to get more of these nutrients. Remember to aim high for % DV of these nutrients.

5 & 6) Let the Percent Daily Values Be Your Guide

Percent Daily Values (DV) are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV contains 5% of the amount of fat that a person consuming 2,000 calories a day would eat. Remember: percent DV are for the entire day—not just for one meal or snack.

- 5% or less is low (aim for low saturated fat and sodium)
- 20% or more is high (aim for high fiber, vitamins and minerals)

Sample label for Macaroni & Cheese

Nutrition Facts	
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%
Trans 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%
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

Annotations on the label:

- 1 Start Here →
- 2 Check Calories
- 3 Limit these Nutrients
- 4 Get Enough of these Nutrients
- 5 Footnote
- 6 Quick Guide to % DV

Quick Guide to % DV:

- 5% or less is Low
- 20% or more is High