



BEING A SMART FOOD CONSUMER

Chapter 5 Lesson 5

NUTRITION LABEL BASICS

The Nutrition Facts panel on food labels indicates the nutrients and calorie content of foods.

Specifically, each label contains...

- serving size

- servings per container

- calories per serving and calories per serving from fat

- grams of total fat, saturated fat, total carbohydrates, fibers, sugars, protein

- percentage of Daily Value the product supplies of nutrients except sugar and protein

READING A FOOD LABEL- MAC AND CHEESE

1 **Start Here** →

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	

2 **Check Calories**

Amount Per Serving	
Calories 250	Calories from Fat 110

3 **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

6 **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

4 **Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5 **Footnote**

* 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

INGREDIENTS LIST

Labels list ingredients by weight in descending order...ingredients in greatest amounts are listed first.

Food additives

- Substances added to food intentionally to produce a desired effect
- Add nutrients
- Lengthen storage life and keep it safe to eat
- Give flavor or color
- Maintain texture
- Control food's acidity
- Help age foods (cheese)

INGREDIENTS LIST CONT.

Enriched food is a food in which nutrients that were lost in processing have been added back

- Breads, pastas, and rice are enriched with B vitamins and iron

Fortification is the addition of nutrients that are not naturally present

- Milk is fortified with vitamin D

U.S. Food and Drug Administration and the USDA regulate most foods and what's in them.

Sugar and Fat Additives

- Aspartame is commonly added in soft drinks and frozen desserts
- Substitute ingredients (sugar) that lower either the caloric count or the fat content

FOOD PRODUCT LABEL CLAIMS

Food products may claim to benefit combating a disease or condition

May read “healthy, light, less, -free, fresh, or natural”

Opening Date

- Expiration Date- last date you should use the product
- Freshness Date- last date a food is thought to be fresh
- Pack Date- date on which the product was packaged
- Sell Date- last date the product should be sold

SHELF LABELING

Unit pricing is a strategy for recognizing the relative cost of a product based on the cost of a standard unit, such as ounce or gram