READING FOOD LABELS

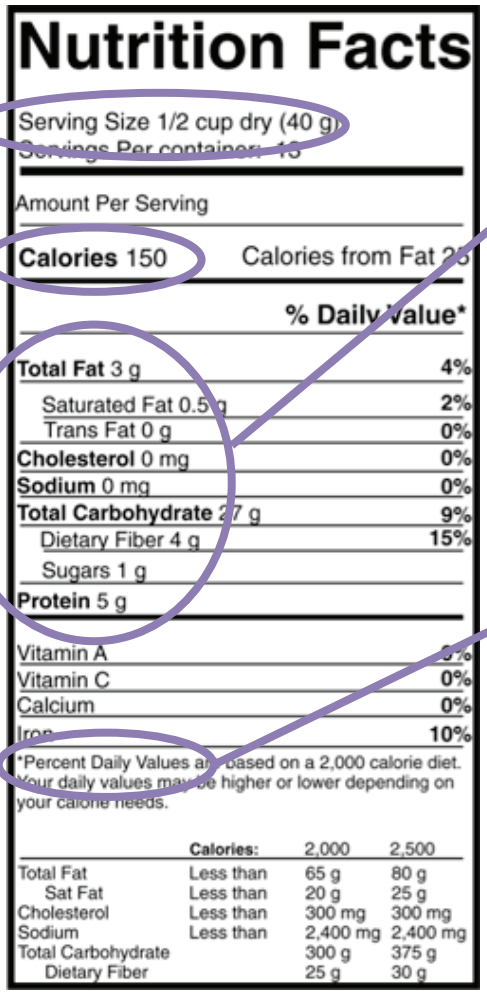
Food labels provide information on the number of servings, calories, and nutrient contents in packaged foods. They help when deciding which foods are healthier and in making mindful food choices. Learning how to properly read food labels can help individuals fulfill their nutritional goals and promote wholesome eating. The tips below on how to read food labels will help you feel confident in your healthful food choices.

1 LOOK AT THE SERVING SIZE FIRST

All information on the food label is based on the serving size, so it is important to know the total number of servings in the package in order to know the total nutritional contents of the food item.

2 CHECK TOTAL CALORIES

It is important to know the total calories per serving, as well as the number of calories you are consuming if you eat more than one serving or the whole package.



Nutrition Facts

Serving Size 1/2 cup dry (40 g)
Servings Per container: 13

Amount Per Serving

Calories 150 Calories from Fat 2

% Daily Value*

Total Fat 3 g 4%
Saturated Fat 0.5 g 2%
Trans Fat 0 g 0%
Cholesterol 0 mg 0%
Sodium 0 mg 0%
Total Carbohydrate 27 g 9%
Dietary Fiber 4 g 15%
Sugars 1 g
Protein 5 g

Vitamin A
Vitamin C 0%
Calcium 0%
Iron 10%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

3 LOOK AT THE SPECIFIC NUTRIENTS IN THE PRODUCT

Look at specific nutrients in the product. Total sugars can include both natural and added sugars.

4 LOOK AT THE PERCENT DAILY VALUE

Tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount (2,000 calories per day).

5 LOOK AT THE LIST OF INGREDIENTS

Avoid foods with long ingredients lists with added ingredients or ingredients you cannot pronounce.