

Nutrition Nutshell:

Understanding Food Labels

The new food label offers a lot of helpful information to assist you with your nutrition plan. Let's look at the food label for some tips:

About the Food Label

Serving size: The serving size is the portion on which the nutrition facts and values are based.

Servings per container: The number of servings or portions per container. For example, if the serving size is 1 cup and there are 3 servings per container, the container holds 3 cups.

Calories: The amount of calories in one serving.

% Daily Value: This represents how much of the nutrient one serving of the product contains in relation to the average daily requirements. The "average" is based on a 2,000-calorie-per-day diet. Recommendations for a 2,000-calorie-per-day diet are:

Total fat:	65 grams
Saturated fat:	18 grams
Cholesterol:	300 milligrams
Total carbohydrate:	270 grams
Dietary fiber:	20 grams
Protein:	46 grams
Sodium:	2,400 milligrams

The daily values can be a quick guide to determine if a particular product contains more or less of a given nutrient above. Because the caloric and nutritional needs of each individual vary, however, focus on the specific gram values rather than on the percentages, and relate them to your own dietary goals.

Total fat: The amount of fat in one serving. Here is a simple rule that even kids can follow: if total fat grams exceed 5 grams, especially for smaller portions, the product is probably a higher-fat food.

Saturated fat: The amount of saturated fat in one serving. Keep in mind that the total daily saturated fat intake for an average child should be about 20 grams.

Cholesterol: The amount of cholesterol in *one serving*.

Total carbohydrate: The amount of carbohydrate in *one serving*. Tip: One carbohydrate food unit contains about 15 grams carbohydrate.

Nutrition Facts	
Serving Size:	
Servings Per Container:	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value	
Total Fat	%
Saturated Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
Ingredients:	