

# How to Read a Food Label

## Nutrition Facts

Serving Size 1 cup (252g)  
Serving Per Container 2 **EXAMPLE FOOD LABEL**

Amount Per Serving		
<b>Calories</b> 270		Calories from Fat 25
		<b>% Daily Values*</b>
<b>Total Fat</b> 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
<b>Sodium</b> 130mg		5%
<b>Total Carbohydrate</b> 43g		14%
Dietary Fiber 6g		24%
Sugars 0g		
<b>Protein</b> 9g		18%

\*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**FAT:** <20% # of calories per serving  
*TIP: Divide # of calories from fat by # of calories per serving*

**TRANS FAT:** NO trans fat (avoid margarine, shortening and partially hydrogenated oils in the ingredient list)

**CHOLESTEROL:** ZERO

**SODIUM:** < # of calories per serving (i.e. 1:1 ratio or less)

## NUTRITION CHEAT SHEET

**FAT** < 20% # OF CALORIES PER SERVING

**NO TRANS FAT**



**ZERO CHOLESTEROL**

**SODIUM** < # OF CALORIES PER SERVING

NO ADDED SUGAR (FROM ANY SOURCE)

**AVOID ADDED SUGAR**

**2 - 3**

GRAMS OF FIBER PER SERVING

**NO ADDED OIL**

TURN OVER TO LEARN MORE ABOUT UNDERSTANDING INGREDIENTS →

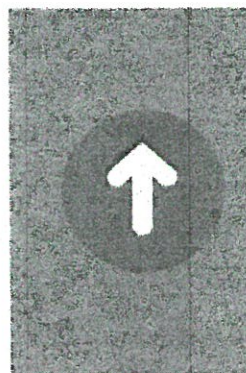
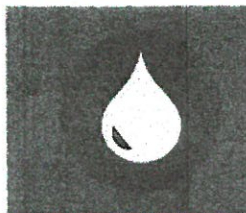
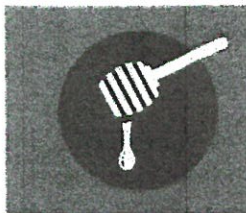
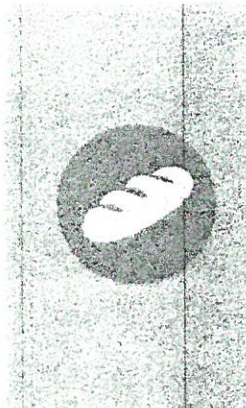
# Understanding the Ingredients

**CARBOHYDRATES:** NO refined carbohydrates — signified by words *enriched* or *white* (e.g. enriched wheat flour, enriched bleached flour, all-purpose flour). Look for whole grains in the ingredient list — signified by words *whole*, *rolled*, *stone ground*, or *cracked* (e.g. whole grain flour, rolled oats, ground-on-stone whole-wheat flour, wheat berries, bulgur, cracked wheat).

**SUGARS:** AVOID any added sugars among the first 3 to 5 ingredients (e.g. high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave, maple syrup).

**OIL:** NO added oil, especially coconut and palm oils, any animal saturated fats (e.g. butter, cheese, lard), or partially hydrogenated fats (e.g. margarine, shortening).

**GENERAL TIPS:** The most healthful foods are the fresh and frozen produce. Fill your plate with plenty of vegetables, starchy vegetables, fruits, legumes — e.g. peas, beans, lentils, and intact whole grains — e.g. brown rice, maize (corn), oat, wheat, barley. Avoid highly processed foods. Give preference to minimally processed foods that follow these guidelines.



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Adapted from: *Should I Eat That: How To Choose  
The Healthiest Foods* by Jeff Novick, MS, RD