



# Food Label Reading and Application

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# Objectives

1. Understand and identify at least two reasons why being able to accurately read a food label is important for staying healthy.
2. List the three important components of a food label that help when trying to choose/purchase a food product.
3. Learn the six steps in how to read a food label.
4. Understand how to use the percent daily value and the “5/20 Rule”.
5. Identify products made mostly with whole grains, sources of synthetic trans fats and added sugars from the ingredients label.

# Why Read the Food Label?

- A food label on a food package contains three key components:
  - Nutritional value
  - Ingredients list
  - Nutrition claims
- Food labels help people to:
  - improve their eating habits;
  - be more informed about the nutrients the food product(s) have before they choose and purchase or consume the item.

**Nutrition Facts**  
Serving Size 1 cup (228g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
% Daily Values	
<b>Total Fat</b> 13g	
Saturated Fat 5g	
Trans Fat 2g	
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 660mg	
<b>Total Carbohydrate</b> 31g	
Dietary Fiber 0g	
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vita
Calcium 15%	Iron

\*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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Cholesterol	300mg	300mg
Sodium	Less than 2,400mg	2,400 mg
Total Carbohydrate	300g	375g
Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

\*\* Intake of trans fat should be as low as possible

**INGREDIENTS:** WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITING AGENT), AND GARLIC POWDER.

## Why Read the Food Label? (Continued)

*Food labels also...*

- Provide information on important nutrients such as sodium, cholesterol, fiber, saturated fat and other nutrients of major health concern.
- Contain information on food allergens.
- Helps you understand not just the grams and percentages of the nutrients in the product but what is in your food.

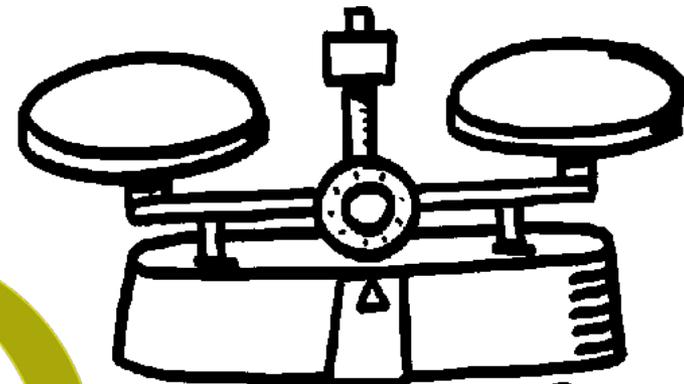


# Ingredients List

Nutrition Facts:	
Serving Size 8fl.ozs.(240 mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 0	
% Daily Values*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Sugars 0g	
Protein 0g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** purified water, organic extracts from cloves, organic cardamom seeds, organic cinnamon bark, and natural flavor



A list of ingredients on a food label will tell you what is in the food. The ingredients on the list appear in descending order by weight.

## Nutrition Claims: “Free”



- **Definition:** < 0.5 g or < 5 calories of the nutrient **per serving**
- **These nutrients may be used with the term “free”:**
  - Fat
  - Saturated fat
  - Cholesterol
  - Sodium
  - Sugars
  - Calories
- **Other terms used:** *Without, no, zero, skim (for fat-free milk)*

## Nutrition Claims: “Low”

- **Meaning:** You can eat this food often and you will not exceed the recommended amount of that nutrient.
- **Nutrients that may be used with the term “low”:**
  - Fat < 3g
  - Saturated fat < 1g\*
  - Cholesterol < 20mg **and** < 2g sat fat
  - Sodium <140 mg
  - Very low sodium < 35 mg
  - Calories < 40 calories
- **Other terms used:** *Little, few, low source of, contains a small amount of.*

*\*with not more than 15% of calories from sat fat*



## Nutrition Claims: “Good source”

- **Definition: Contains 10%-19% of the DV for a certain nutrient per serving.**
- **These nutrients may be used with the term “good source”:**
  - Calcium
  - Fiber
  - Vitamins (e.g. A, C, D)
  - Iron
- **Other terms used: *More, enriched, fortified, extra, plus, or added.***

<b>Nutrition Facts</b>	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
Sodium 200mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Nutrition Claims: “High”

- **Definition:** Can be used if food contains  $> 20\%$  DV of a certain nutrient.
- **Examples of nutrients that may be used with the term “high”:**
  - Calcium
  - Fiber
- **Other terms used:** *Rich in, excellent source of.*



## Nutrition Claims: “Reduced”



- **Definition:** Food item is at least less than 25% of specified nutrient or calories than the original product per serving.
- **Nutrients that may be used with the term “reduced”:**
  - Fat
  - Salt
  - Calories
- **Note:** This term may not be used if the original version already meets the “low” claim requirement.

## Nutrition Claims: “Less”

- **Definition:** Food item is at least less than 25% of specified nutrient or calories than another food. the original product per serving.
- **These nutrients that can be used with the term “reduced”:**
  - Fat
  - Salt
  - Calories
- **On a label:** less sodium/fat, 25% less fat than...
- **Other terms used:** Fewer.



Sample label for  
Macaroni & Cheese

# Nutrition Facts

① **Start Here** →

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*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

④ **Get Enough of these Nutrients**

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

⑥

**Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

## Step 1. Serving Size

- Definitions:
  - **Serving Size** – a *predetermined* standardized amount of food item/product.
  - **Serving Size on a Nutrition Facts label** – is determined by foods that have similar dietary usage, product characteristics and customarily consumed amounts for consumers.

Sample label for  
Macaroni & Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110

In this example, 1 serving of macaroni and cheese = 1 cup.



	Single Serving	%DV		Two Servings	%DV
<b>Serving Size</b>	1 cup (228g)			2 cups (456g)	
<b>Calories</b>	250			500	
<b>Calories from Fat</b>	110			220	
<b>Total Fat</b>	12g	18%		24g	36%
<b>Trans Fat</b>	1.5g			3g	
<b>Saturated Fat</b>	3g	15%		6g	30%
<b>Cholesterol</b>	30mg	10%		60mg	20%
<b>Sodium</b>	470mg	20%		940mg	40%
<b>Total Carbohydrate</b>	31g	10%		62g	20%
<b>Dietary Fiber</b>	0g	0%		0g	0%
<b>Sugars</b>	5g			10g	
<b>Protein</b>	5g			10g	
<b>Vitamin A</b>		4%			8%
<b>Vitamin C</b>		2%			4%
<b>Calcium</b>		20%			40%
<b>Iron</b>		4%			8%

## Step 2: Check Calories

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110

### General Guideline to Calories\*

40 calories is **low**

100 calories is **moderate**

400 calories is **high**

*\*Based on a 2,000 calorie diet*



## Step 3: Limit These Nutrients

A diet high in saturated fat, trans fat, sodium and cholesterol increases your risk for heart disease, diabetes and high blood pressure.

The goal is to stay below 100% of the Daily Value for each of these nutrients daily.

<b>Total Fat</b> 12g	<b>18%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<i>Trans Fat</i> 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>



## Step 4: Get Enough of These Nutrients



Dietary Fiber 0g

0%

Vitamin A

4%

Vitamin C

2%

Calcium

20%

Iron

4%

Eating adequate amounts of these nutrients may help protect against certain chronic health conditions.

## Step 5: Footnote

Calories from Fat 110	
<b>% Daily Value*</b>	
	18%
	15%
	10%
	20%
	10%
	0%
	4%
	2%
	20%
	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



## Another Look at the Footnote

<b>Nutrient</b>	<b>DV</b>	<b>%DV</b>	<b>Goal</b>
<b>Total Fat</b>	65 g	= 100%DV	Less than
<b>Sat Fat</b>	20g	= 100%DV	Less than
<b>Cholesterol</b>	300 mg	= 100%DV	Less than
<b>Sodium</b>	2400 mg	= 100%DV	Less than
<b>Total Carbohydrate</b>	300 g	= 100%DV	At least
<b>Dietary Fiber</b>	25 g	= 100%DV	At least

Based on a 2,000 Calorie Diet

## Step 6: Quick Guide to % Daily Values

	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

The % DV is based on 100% of the daily value for each nutrient.



## Do I have to calculate the % DV?



	% Daily Value*	
<b>Total Fat</b> 12g		?
Saturated Fat 3g		?
Trans Fat 1.5g		
<b>Cholesterol</b> 30mg		?
<b>Sodium</b> 470mg		?

\* 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

## The % DV does the math for you!

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>



## THE 5 / 20 RULE

- 5% DV or less -  
not a good source
- 20% DV or more -  
a good source

Limit these nutrients

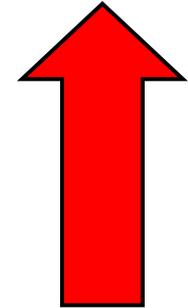
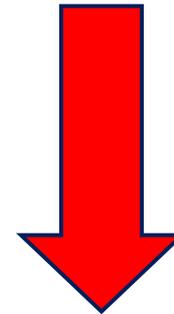
Get enough of these nutrients

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 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

5% DV or less is Low



20% DV or more is High

## Nutrients Without % DV

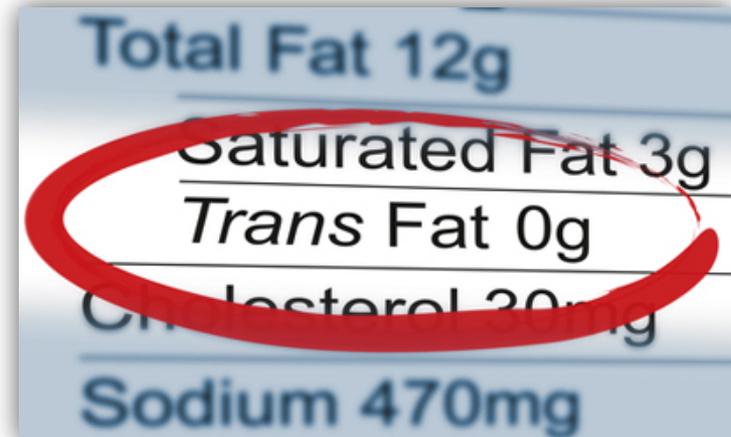
- Trans Fat
- Sugars
- Protein



<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
<i>Trans Fat</i> 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 2%	
<b>Calcium</b> 20%	
<b>Iron</b> 4%	

## Trans Fats

- FDA required food manufactures to list trans fat on food labels in 2006.
- Foods and supplements with **more than 0.5 g per serving** are required to be listed on the label.
- USDA Dietary 2010 Guidelines, “Americans should keep their intake of *trans* fatty acids as low as possible.”



## Trans Fats

- November 2013—FDA announced to ban trans fats from all food products.
  - 4,340 top-selling packaged foods were tested
  - 84% labeled as zero grams trans fat but had trans fat in them
- CDC estimates ban on trans fats could prevent:
  - Additional 7,000 deaths from heart disease
  - 20,000 heart attacks annually





## Trans Fats – Reading the Label

Make sure you read the ingredients list for “partially hydrogenated” or “hydrogenated oils”

**Ingredients:** Liquid Canola Oil, Water, **Partially Hydrogenated Soybean Oil**, Plant Stanol Esters, Salt, Emulsifiers (Vegetable Mono- and Diglycerides, Soy Lecithin), Hydrogenated Soybean Oil, Potassium Sorbate, Citric Acid and Calcium Disodium EDTA to Preserve Freshness, Artificial Flavor, dl- $\alpha$ -Tocopheryl Acetate, Vitamin A Palmitate, Colored with Beta Carotene.

Distributed by ... Nutritionals, LLC  
FORT WASHINGTON, PA 19034 USA

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U.S. Patent No. 5502045.

OCT/25/10 L056





# Added Sugars

- Added Sugars – any sugar that is *added* to foods or beverages during processing or preparation

**TABLE A4-2. Examples of Added Sugars That Can Be Listed as an Ingredient**

Anhydrous dextrose	Lactose
Brown sugar	Malt syrup
Confectioner's powdered sugar	Maltose
Corn syrup	Maple syrup
Corn syrup solids	Molasses
Dextrin	Nectars (e.g., peach nectar, pear nectar)
Fructose	Pancake syrup
High-fructose corn syrup	Raw sugar
Honey	Sucrose
Invert sugar	Sugar
	White granulated sugar

Other added sugars may be listed as an ingredient but are not recognized by FDA as an ingredient name. These include cane juice, evaporated corn sweetener, fruit juice concentrate, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.



## Added Sugars – Food Label Terms

**Sugar-Free** – less than 0.5 g of sugar per serving

**Reduced Sugar or Less Sugar** – at least 25% less sugars per serving compared to a standard serving size of the traditional variety

**No Added Sugars or Without Added Sugars** – no sugars or sugar-containing ingredient such as juice or dry fruit is added during processing

**Low Sugar** – not defined or allowed as a claim on food labels

# Added Sugars – Reading the Label

## Plain Yogurt

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
<b>Calories</b> 110 <b>Calories from Fat</b> 0	
	% Daily Value*
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
<b>Trans Fat</b> 0g	0 %
<b>Cholesterol</b> Less than 5mg	1 %
<b>Sodium</b> 160mg	7 %
<b>Total Carbohydrate</b> 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
<b>Protein</b> 13g	
Vitamin A 0 % • Vitamin C 4 %	
Calcium 45 % • Iron 0 %	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

## Fruit Yogurt

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
<b>Calories</b> 240 <b>Calories from Fat</b> 25	
	% Daily Value*
<b>Total Fat</b> 3g	4 %
Saturated Fat 1.5g	9 %
<b>Trans Fat</b> 0g	0 %
<b>Cholesterol</b> 15mg	5 %
<b>Sodium</b> 140mg	6 %
<b>Total Carbohydrate</b> 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
<b>Protein</b> 9g	
Vitamin A 2 % • Vitamin C 4 %	
Calcium 35 % • Iron 0 %	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

## Added Sugars – Reading the Label

### Plain Yogurt

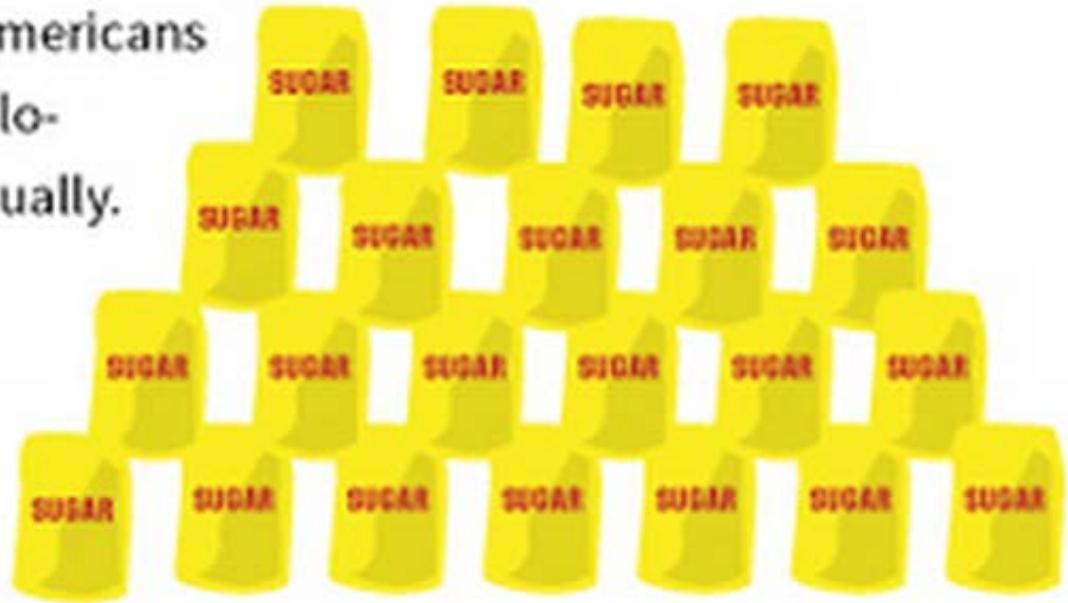
- Ingredients: cultured pasteurized grade A nonfat milk, whey protein concentrate, pectin.

### Fruit Yogurt

- Ingredients: cultured grade A reduced fat milk, apples, **high fructose corn syrup**, cinnamon, nutmeg, natural flavors, and pectin.

# Added Sugars

The USDA estimates that Americans consume 110.5 lbs. (50.1 kilograms) of added sugar annually. Two hundred years ago, Americans ate only 2 lbs. (0.9 kg) per year.



# Added Sugars

- One sugar cube is equivalent to 1 teaspoon of granular sugar
- 16 calories
- 4 grams



# Added Sugar Limit Recommendations

## USDA Dietary Guidance for Americans (DGA) 2010:

- No more than 5-15% of your total daily calories from added sugar and solid fats.
- Which is approximately **9 teaspoons**.
- Max. 258 (13%) calories from solid fats and added sugars (SoFAS).



# Added Sugar Limit Recommendations

## American Heart Association (AHA):

- **Women:** No more than 100 calories a day from added sugar. (**6 teaspoons**)
- **Men:** No more than 150 calories a day from added sugar. (**9 teaspoons**)



## Added Sugar Limit Recommendations

### The World Health Organization (WHO):

Added sugar intake should be less than 10% of total calories per day.

- 50 g for a 2,000 calorie/day diet
- **12.5 teaspoons**





# Other Food Label Claims

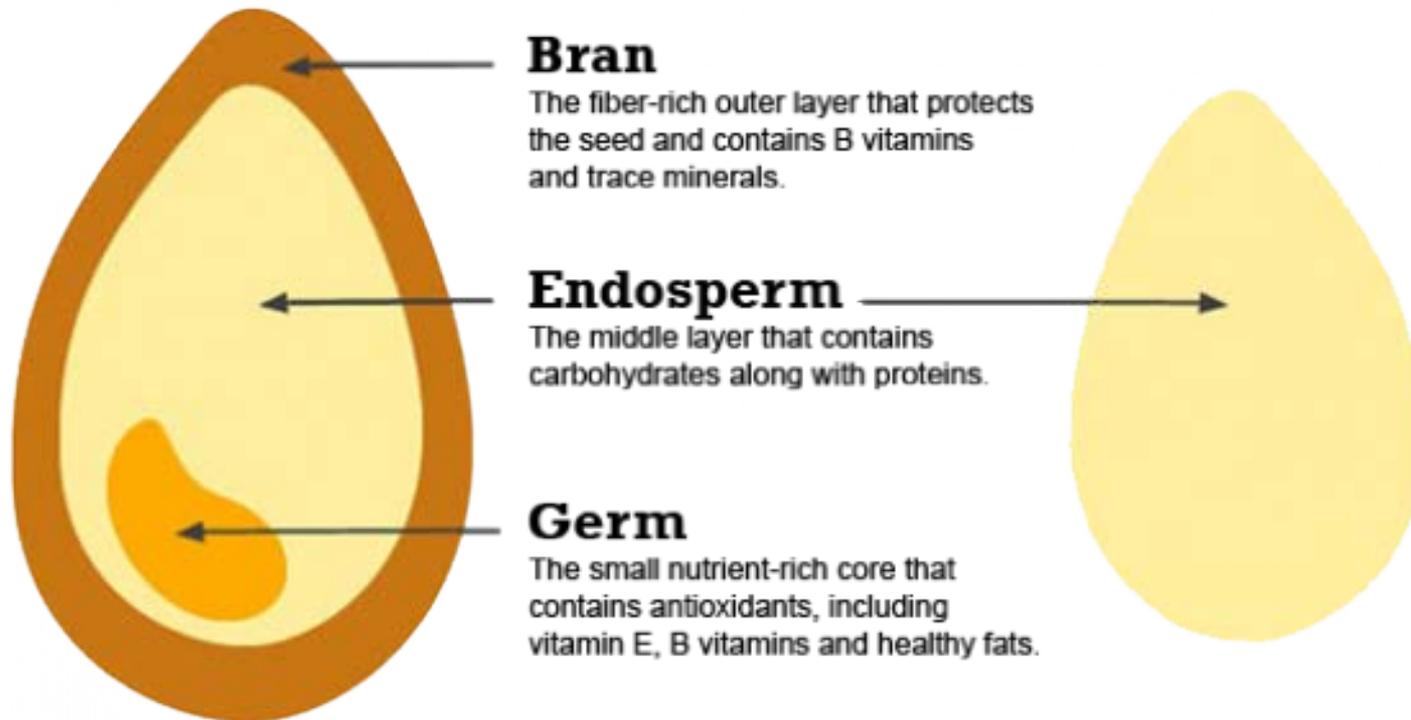


# What About Grains?

## Whole Grain

vs.

## “White” Grain





# Whole-Grains

**TABLE A4-3. Examples of Whole Grains That Can Be Listed as an Ingredient**

Brown rice	Whole-grain sorghum
Buckwheat	Whole-grain triticale
Bulgur (cracked wheat)	Whole-grain barley
Millet	Whole-grain corn
Oatmeal	Whole oats/oatmeal
Popcorn	Whole rye
Quinoa	Whole wheat
Rolled oats	Wild rice

## Whole Grains – Reading the Label

### **INGREDIENTS:**

**WHOLE GRAIN WHEAT FLOUR,**  
WATER, SUGAR, WHEAT GLUTEN,  
SOYBEAN OIL, NATURAL FLAVOR,  
SEA SALT, YEAST, CULTURED  
WHEAT FLOUR, MOLASSES, SOY  
LECITHIN, RAISIN JUICE, VINEGAR,  
ASCORBIC ACID; TOPPED WITH  
WHEAT BRAN.

Whole-Grains should be listed as a first or second ingredient



## So what qualifies as a whole grain-rich food?

### According to the USDA Food and Nutrition Service (Schools):

- Foods must meet one of three requirements:
    - a. Contain at least 8g of whole grain content per serving OR
  - 2. Qualify for FDA whole grain health claim (51% whole grain by weight) OR
  - 3. Have a whole grain as the first ingredient (or the first grain ingredient by weight for non-mixed dishes (e.g. breads, cereals) or as the first grain ingredient for mixed dishes (e.g. pizza, corn dogs)
- In essence, at least 50% of the grain must be whole grain.

# Sodium – Reading the Front Label

<b>Salt/Sodium-Free</b>	→	Less than 5 mg of sodium per serving
<b>Very Low Sodium</b>	→	35 mg of sodium or less per serving
<b>Low Sodium</b>	→	140 mg of sodium or less per serving
<b>Reduced Sodium</b>	→	At least 25% less sodium than in the original product
<b>Light in Sodium or Lightly Salted</b>	→	At least 50% less sodium than the regular product
<b>No-Salt-Added or Unsalted</b>	→	No salt is added during processing, but not necessarily sodium-free. Check the Nutrition Facts Label to be sure!

# Sodium – Reading the Back Label

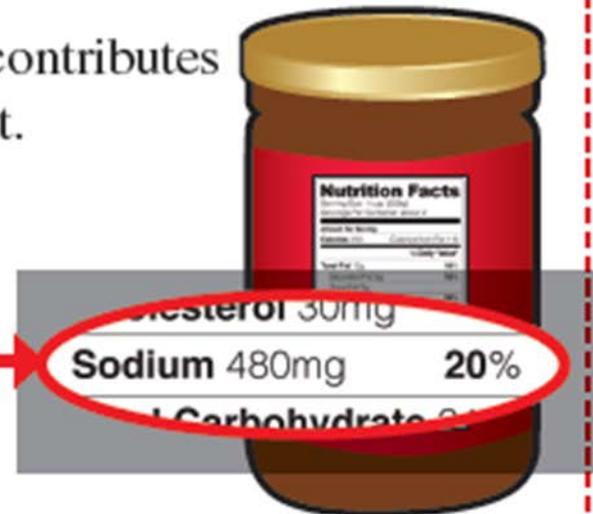


## Use the Percent Daily Value (%DV) to Compare Products

The %DV tells you whether a food contributes a little or a lot to your total daily diet.

**5%DV (120 mg) or less of sodium  
per serving is low**

**20%DV (480 mg) or more of sodium  
per serving is high**



# PROPOSED LABEL / WHAT'S DIFFERENT



Servings:  
larger,  
bolder type

## Nutrition Facts

**8 servings per container**

Serving size 2/3 cup (55g)

Amount per 2/3 cup

**Calories 230**

% DV\*

<b>12%</b>	<b>Total Fat</b> 8g
<b>5%</b>	Saturated Fat 1g
	<i>Trans Fat</i> 0g
<b>0%</b>	<b>Cholesterol</b> 0mg
<b>7%</b>	<b>Sodium</b> 160mg
<b>12%</b>	<b>Total Carbs</b> 37g
<b>14%</b>	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	<b>Protein</b> 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

Serving sizes  
updated

Calories:  
larger type

Updated  
Daily  
Values

% DV  
comes first

New:  
added sugars

Change  
of nutrients  
required

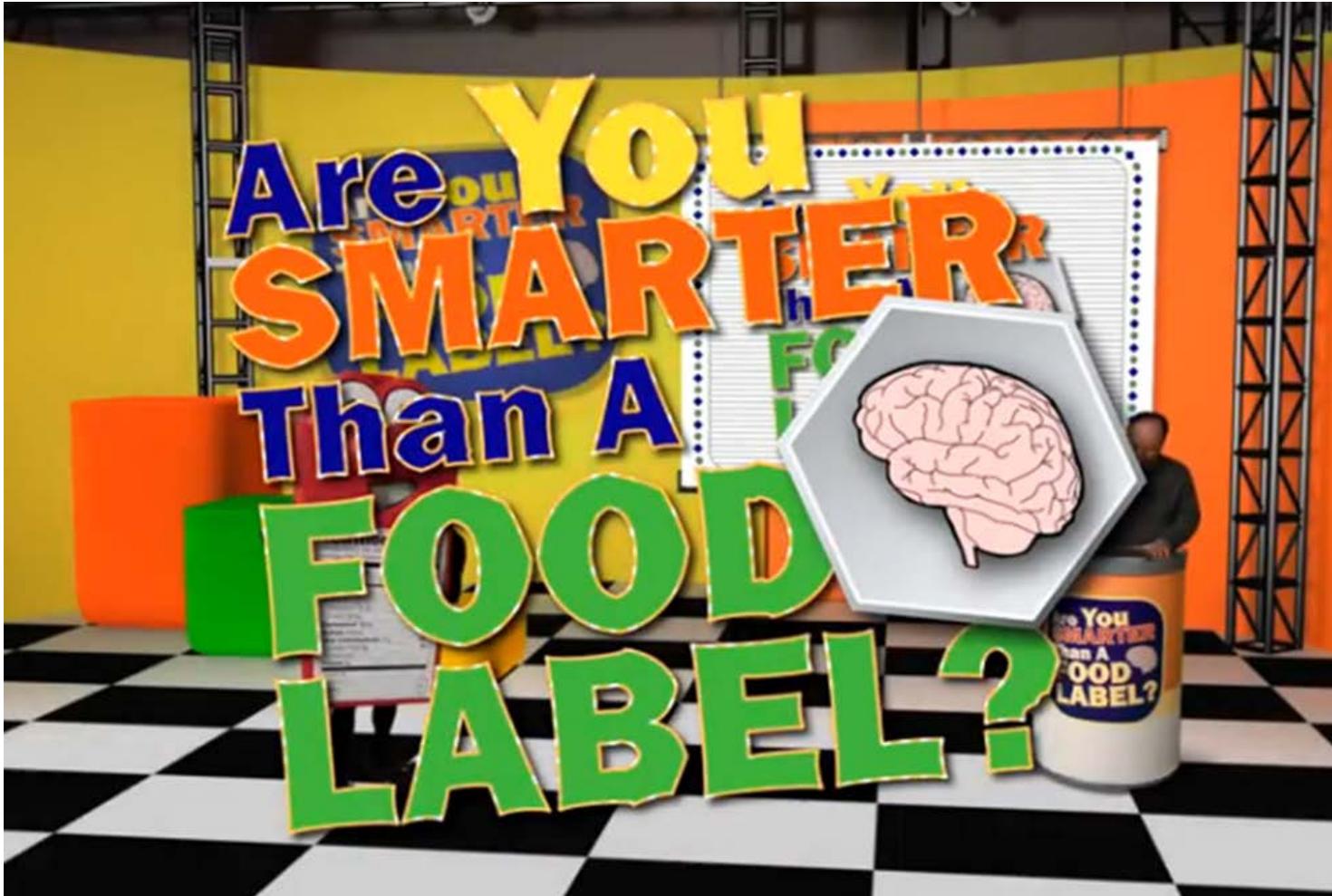
Actual  
amounts  
declared

New  
footnote  
to come

Photo and information source:  
<http://www.foodnavigator-usa.com/Regulation/FDA-s-proposed-nutrition-label-changes-emphasize-calories-serving-sizes>



**Let's check your understanding!**





## What does the servings size on a Nutrition Facts label tell us?

- a) The amount contained in the package;
- b) Recommended serving size that's normal/healthy;
- c) A pre-determined serving size that's based on what a typical person eats and/or what the manufacturer wanted it to be.



**c) A pre-determined serving size that's based on what a typical person eats and/or what the manufacturer wanted it to be**



## What is the “5/20 Rule”?

- The formula for the number of calories it takes to run 5 miles in 20 minutes;
- The body’s standard burn rate for fat consumed;
- A method to tell if a food is low or high in a particular nutrient.



**c) A method to tell if a food is low or high in a particular nutrient.**



**What are the 3 things to remember when making healthy food choices?**



## **Servings, calories and %DV (Daily Value)**



What does “Excellent source of fiber” mean on a food label?

- a) That the product is made with 100% whole grains;
- b) There’s at least 19% DV worth of fiber in this product;
- c) This product contains 20% or more of the DV for fiber;
- d) This term is not allowed to use on the food label.



**c) This product contains 20%  
or more of the DV for fiber;**

*THANK YOU.*

