



# FOOD LABELS

**E**ver wonder what the difference is between fruit juice and fruit drink? You can find out by reading food labels. Food labels can help you have a healthier diet. Although these labels might seem confusing, they're actually quite simple to read once you know what to look for.

What's on a food label? According to U.S. law, companies must include a food's ingredients, nutritional value, and number of calories per serving on all packaging. This allows consumers to know exactly what they're getting when they purchase their foods, and whether the foods fit into their diets.

## UNDERSTANDING INGREDIENTS

For some people, reading a list of ingredients on a label can be a matter of life or death. Many people have food allergies. If they eat certain types of food, they may become sick or even die. For example, people who have diabetes need to know what's in their foods. They need to avoid foods that are high in sugars and other carbohydrates. Here's how ingredient lists can help *you* become food smart.

*Check the main ingredients.*

Ingredients must be listed in order by mass, from largest quantity to smallest quantity. The first substance listed is the main ingredient.

*Identify the sugars.* Look for words that end in *-ose*. These are sugars.

*Find the fats.* Oil, butter, eggs, and lard are all fats.

### Potato Chips

#### Nutrition Facts

Serving Size 50g (1.75 oz.)

##### Amount Per Serving

<b>Calories</b>	<b>270</b>
Calories from Fat	160

##### % Daily Value\*

<b>Total Fat</b> 17g	<b>27%</b>
Saturated Fat 5g	26%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein</b> 3g	

Vitamin A	0%
Vitamin C	15%
Calcium	0%
Iron	2%

\* 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	300g	300g
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

Ingredients: Potatoes, vegetable oil (one or more of the following: corn, cottonseed, or sunflower), and salt. No preservatives.

*Be aware of additives.*

Additives are any substances that are added to a food. Some additives are good for you, but others may not be so good for you. Some additives enhance flavor, while others act as preservatives. Vitamins and minerals are sometimes added to foods to make them healthier to eat.

## IS IT GOOD FOR YOU?

*Nutrition Information* can be found on every food package. It includes information about what nutrients a food contains and how much. Nutrients listed are fat, cholesterol, sodium, carbohydrates, and protein. The label also includes the *Percent Daily Value*. That's the amount of each nutrient someone eating either a 2,000- or 2,500-calorie diet should have each day. Here are some tips to help you read the food label.

*Check the serving size.* All of the nutritional information is based on one serving of the food, not the entire package. The *serving size* is the amount of food customarily eaten at one sitting. For example, one serving of ice cream might be 106 grams (one-half cup). Serving size is listed in both metric and English measures.

*Count the calories.* The food label gives you two important

## Frozen Pizza

### Nutrition Facts

Serving Size 120g (4 oz.)

#### Amount Per Serving

<b>Calories</b>	<b>320</b>
Calories from Fat	120

#### % Daily Value\*

<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 6g	30%
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 860mg	<b>36%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 2g	8%
Sugars 7g	
<b>Protein</b> 16g	

Vitamin A	10%
Vitamin C	0%
Calcium	20%
Iron	6%

\* 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	300g	300g	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

**Ingredients:** **Crust:** Flour, water, sugar, cornmeal, vital wheat gluten, soybean or corn oil, yeast, salt, sodium bicarbonate, sodium aluminum phosphate, diacetyl tartaric acid, esters of mono- and diglycerides, sodium stearoyl, lactylate, and ascorbic acid.

**Topping:** Low-moisture, part-skim mozzarella cheese, pepperoni (pork, beef, salt, spices, lactic acid, sodium nitrite, BHA, BHT, citric acid, dextrose), tomato paste, water, parmesan, romano, and asiago cheeses, powdered cellulose (anti-caking agent), salt, soybean or corn oil, spices, and garlic.

calorie counts. These are *total calories* and *calories from fat*. A serving of potato chips, for example, may have 270 total calories and 160 calories from fat. More than 50 percent of the calories in this snack are from fat!

*Figure out the fat content.* What kind of fat are you eating? Saturated fats are the "bad" fats. Remember, unsaturated fats are better, but you should avoid eating foods high in either type of fat.

*Watch for cholesterol and sodium.* It's best to avoid foods that are high in either one of these substances.

*Check the carbohydrates.* It's important to be aware of the amount of carbohydrates you're getting in each serving.

*Note the vitamins and minerals.* If a food contains any vitamins and minerals, you'll find them listed here.

## Mystery Food

Check out the ingredients of this food. Can you guess what it is? Check your answer on page 54.

### Nutrition Facts

Serving Size 31g (~1 oz.)

#### Amount Per Serving

<b>Calories</b>	<b>190</b>
Calories from Fat	130

#### % Daily Value\*

<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 3g	<b>16%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 2g	
<b>Protein</b> 8g	

Vitamin A	0%
Vitamin E	10%
Calcium	0%
Iron	4%
Riboflavin	2%
Niacin	20%

\* 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	300g	300g	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

Ingredients: Peanuts, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides, molasses, sugar, and salt.