

Food Label Facts



Use this guide to help you better understand the nutrition facts on food labels and make better choices while shopping.



Serving Size: The size of the serving will affect the quantity of the rest of the nutrients. For example, if a can of soup has two servings and you eat the entire can, you must double the nutrition information on the label.



% Daily Value: The % of daily value is based on a 2,000 calorie per day diet. Your calorie requirements may differ, so these percentages may not be accurate for you.



Sodium: Like sugar, sodium (salt) is naturally found in a lot of foods. Most healthy adults should keep their sodium level to less than 2,300 mg per day.



Carbohydrates: The total number of carbohydrates combines both easily broken down sugars and more complex carbohydrates that provide sustained energy.

Hidden fats, sugars and salts

Sometimes fats, sugars and salts can be listed under different names, making it difficult to tell what you're eating. Below are some names of common ingredients that could be adding extra calories and sodium to your diet.



Sugars: This number tells you the total amount of sugar in a serving. It does not differentiate between natural sugars which are found in fruits and vegetables, grains, and dairy; and added sugars.

Nutrition Facts

Serving Size 1 cup
Servings per container 2

Amount Per Serving

Calories 90 Calories from fat 20

% Daily Value

Total Fat 2 g 3%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 10 mg 3%

Sodium 890mg 37%

Total Carbohydrates 13 g 4%

Dietary Fiber 1 g 4%

Sugars 1 g

Protein 6 g

Ingredients: Chicken broth, carrots, cooked white chicken meat (white chicken meat, water, salt, sodium phosphate, isolates soy protein, modified cornstarch, cornstarch), potatoes, celery, rice, monosodium glutamate. Contains soy.



Calories: This will tell you how many calories are in a serving size. It will also tell you how many of those calories are from fat. As a general rule, no more than 25 to 35 percent of the total calories should come from fat.



Protein: An essential nutrient, protein is found in meat, eggs, grains, dairy, legumes, nuts – and even some fruits and vegetables. Adults should get about 10 - 35 percent of their total calories from protein.



Total Fat: Measured in grams, total fat will list the types of fat found in a serving size of packaged food. Saturated fat and trans fats are associated with an increased risk of cardiovascular disease. Many unsaturated fats are good for you – in moderation.



Cholesterol: This number tells you how much cholesterol is included in one serving size of the product. It does not differentiate between cholesterol from saturated fats, or unsaturated fats.



Dietary Fiber: Dietary fiber is an important component of good nutrition. It aids in digestion and bowel function. A high fiber diet that is low in saturated fat and cholesterol can help reduce the risk for heart disease.



Ingredients: Ingredients are listed in descending order by weight. When reading the ingredients make sure that the first three to five ingredients are not saturated fats or processed sugars.

Types of added fat

Animal fat (pork, chicken and beef)
Butter
Cocoa butter
Coconut oil
Cream
Lard
Margarine
Milk solids
Palm kernel oil

Palm oil

Partially hydrogenated and hydrogenated oils
Shortening
Suet
Tallow
Vegetable oils (including avocado, olive, canola, peanut, sesame, soybean and sunflower)

Types of added sugar

Agave nectar
Anhydrous dextrose
Barley malt syrup
Brown sugar
Brown rice sugar
Corn sweetener
Corn syrup
Dextrin
Dextrose

Evaporated cane juice

Fructose
Glucose
High-fructose corn syrup
Honey
Invert sugar
Lactose
Maltodextrin
Maltose

Maple syrup

Molasses
Rice syrup
Saccharose
Sorghum or sorghum syrup
Sugar alcohol
Sucrose
Treacle
Xylose

Types of added sodium

Baking powder
Disodium phosphate
Iodized salt
Kosher salt
Monosodium glutamate (MSG)
Rock salt
Sea salt
Sodium benzoate

Sodium bicarbonate

(Baking soda)
Sodium caseinate
Sodium citrate
Sodium propionate
Sodium saccharin
Sodium nitrite/nitrate
Sodium sulfite
Sodium phosphates
Sodium lactate