

# Understanding Nutrition Labels

## Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.



### ▶ Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/cans often contain more than 1 serving.

### ▶ % Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2,000 calories a day.

- **5% or less** = low in that nutrient
- **20% or higher** = high in that nutrient

### ▶ Total fat

A low-fat food contains 3 grams of fat or less per serving. Look for items that have **little saturated fat** and **no trans fat**.

### ▶ Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

## Nutrition Facts

8 servings per container  
**Serving size** 1/2 cup (55 g)

**Amount per serving**  
**Calories** 230

	<b>% Daily Value*</b>
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 37 g	<b>13%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 12 g	
Includes 10 g Added Sugars	<b>20%</b>
<b>Protein</b> 3 g	
Vitamin D 2 mg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 235 mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Looking for more about diabetes-friendly eating?  
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# Understand Nutrition

**Yi-Tong Ma**



## Understand Nutrition:

**Understanding Nutrition Labels**, 1977      **Understanding Nutrition 5e** Ellie Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh, 2022-10-01 Whitney's Understanding Nutrition is a comprehensive and balanced undergraduate text for introductory nutrition courses. Along with clear scientific principles, the reader-friendly text teaches students about how science affects healthy diet choices. The market-leading ANZ edition of Understanding Nutrition has a solid reputation for making it easier for students to understand nutrition science and application via metric units and regional issues. Images and foods. Instructor resources include instructor's guide, PowerPoints, and Test Bank. Premium online teaching and learning tools are available on the MindTap platform. Learn more about the online tools at [cengage.com/mindtap](http://cengage.com/mindtap)

**Tb Understand Nutrition 10e** ROLFES, Whitney, 2004-06      **FDA Consumer Nutrition Knowledge Survey** United States. Food and Drug Administration. Bureau of Foods. Division of Consumer Studies, 1976      *FDA Consumer Nutrition Knowledge Survey* United States. Food and Drug Administration, 1976

*Food Science with a Focus on Nutrition* Aadinath Pothuvaal, 2025-01-23 Food Science with a Focus on Nutrition provides a detailed exploration of food science and its vital connection to human nutrition. Divided into six informative chapters, this book covers essential topics such as the various streams of food science, the importance of nutrition, and the role of key nutrients like vitamins, carbohydrates, proteins, minerals, and water in maintaining health and well-being. In addition to the scientific principles of nutrition, the book offers practical insights into education and career opportunities in the field of food science and nutrition. It highlights the skills required, potential job roles, and salary prospects, serving as a valuable guide for aspiring professionals. Whether you are a student, nutrition enthusiast, or someone exploring a career in food science, this book is an excellent resource to deepen your understanding and build a successful future.

[Transforming Food Environments](#) Charlotte E.L. Evans, 2022-03-21 We regularly find ourselves in food environments that promote the consumption of high-fat and sugary foods rather than encouraging us to eat more fruit and vegetables. However, because of increased media attention, people are becoming more interested in alternative approaches to improving the many food-related decisions we make daily. Transforming Food Environments features evidence from several disciplines exploring initiatives that have improved food environments and discusses the importance of achieving success in equitable and sustainable ways. The book presents information on diverse food environments followed by methods that help readers become aware of the design of interventions and food policies. It covers food environments in schools, workplaces, and community centres, as well as fast-food establishments and food marketing. The book presents methods to help encourage better food choices and purchase of healthier foods. It explores persuasion tactics used by health professionals, such as changing availability and/or price using nudging techniques and food labelling. Led by Editor Charlotte Evans, Associate Professor of Nutritional Epidemiology and Public Health Nutrition at the University of Leeds, and written by an international range of authors from countries including the US, Canada, Australia, New

Zealand Japan and the United Kingdom this multidisciplinary book appeals to students researchers public health professionals and policy makers It also raises awareness and provides a comprehensive treatment of the importance of our environments on food choice *Official Gazette Philippines*,2011-02 Instructor's Manual to Accompany Understanding Nutrition [by] Eleanor Noss Whitney [and] Sharon Rolfes Lori Waite Turner,Eleanor Noss Whitney,1993 **Understanding Nutrition** Eleanor Noss Whitney,Sharon Rady Rolfes,2003-05-19 Used by more than one million students this text s clear writing dynamic visuals and integrated study aids engage and teach students the basic concepts and applications of nutrition This comprehensive text includes up to date coverage of the newest research and emerging issues in nutrition The pedagogical features of the text as well as the authors approachable style help to make complex topics easily understandable for students *The Role of Front-of-Pack Labeling in Making Informed and Healthy Food Choices* Mauro Serafini,Jordi Salas-Salvado,Daniela Martini,2023-08-03 **The Intersection of Food and Public Health** A. Bryce Hoflund,John C. Jones,Michelle C. Pautz,2017-09-13 Presently ideas about food are in flux from a variety of sources Examples of this evolution include recognizing the importance of food on health by public health and medical professionals changing consumer desires around the production methods and components of their food a greater focus on injustices within the national food system evolving knowledge of how the food system impacts the environment and shifting economic and technological realities that underpin where and how food is produced distributed and sold These shifting ideas about food exist in contrast to the narrative of the highly functioning industrialized global food system that emerged in the second half of the 20th century This edited volume fills a void by presenting a comprehensive and engaging coverage of the key issues at the intersection of public health policy and food The Intersection of Food and Public Health is comprised of research that examines current problems in food studies and how various stakeholders are attempting to address problems in unique ways The book will be of interest to undergraduate and graduate students in a variety of disciplines including public administration public policy public health economics political science nutrition dietetics and food studies **The Independent** ,1920 The Independent William Livingston,1920 **Collected Papers of L. A. Maynard and Associates** Leonard Amby Maynard,1917 The Educational Record ,1929 **Mother and Child** ,1923 **Transactions of the ... Annual Meeting** American Child Hygiene Association,1922 **Independent and Weekly Review** ,1920 YOU: The Owner's Manual (Enhanced Edition) Mehmet C. Oz, M.D.,Michael F. Roizen, M.D.,2014-01-07 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America s favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner s Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs

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