

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

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37 g	13%
Dietary Fiber 4 g	14%
Total Sugars 12 g	
Includes 10 g Added Sugars	20%
Protein 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.



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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. *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. [Official Gazette](#) Philippines, 2011-02 [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 The Role of Front-of-Pack Labeling in Making Informed and Healthy Food Choices Mauro Serafini, Jordi Salas-Salvado, Daniela Martini, 2023-08-03 *Instructor's Manual to Accompany Understanding Nutrition [by] Eleanor Noss Whitney [and] Sharon Rolfes* Lori Waite Turner, Eleanor Noss Whitney, 1993 **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 immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ageer and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner's Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body *The Dental Register* ,1875 **Cincinnati Medical Advance** ,1876

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