

# Reading and Understanding Food Labels

The Nutrition Facts Label has many parts that are important to look at when choosing the foods that you eat each day.

## Serving Size

Serving size shows how much of the food is equal to one serving. You may need to eat more or less than one serving depending on your meal plan.

## Total Fat

This shows the amount of fat for one serving. Other types of fats may be listed below total fat.

Nutrition Facts	
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%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 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	

## Calories

This shows how many calories are in one serving. If it has less than 20 calories per serving it is a free food.

## Sodium (Salt)

This shows the amount of salt in one serving. Salt will not affect blood sugar levels. However, it is very important to limit salt intake if you have high blood pressure

Adapted from the American Diabetes Association  
[www.diabetes.org/nutrition-and-recipes/nutrition/foodlabel.jsp](http://www.diabetes.org/nutrition-and-recipes/nutrition/foodlabel.jsp)  
 Developed by MUSC Dietetic Internship Class of 2003-2004  
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## Total Carbohydrate

This shows the amount of carbohydrate in one serving. It is the total of all carbohydrate, sugars, and fiber. It is important to notice this number when you are counting carbohydrates and choosing your foods. If you follow the exchange system, remember that one carbohydrate exchange is equal to 15 grams of carbohydrate.

## Protein

This shows the amount of protein in one serving.

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## Vitamins and minerals

Vitamins and minerals are listed at the bottom of the food label. They are listed as a daily value.

This daily value is given as a percent based on a 2,000-calorie diet. If a food has between 10-19% daily value then it is considered a good source of that nutrient.