

Understanding the Nutrition Label

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Registered Dietitian



Reading the Nutrition Label

- Confusing?
- Not enough the time?
- Too many rules?
- Should I eat this food?



Why Read Labels?

- Key to nutrient density
- Tells you nutrients to limit and nutrients to include
- Helps in maintaining a healthy weight
- Useful when comparing items



Sample label for Macaroni & Cheese

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	10%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

6 **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High



Start at the Top: Serving Size

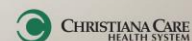
- **Serving size is measured using common measurements**
 - i.e. cups, fl. oz., pieces, each
- **All nutrition information listed on the nutrition facts label is based on one serving of a food item or beverage**



Start at the Top: Servings per Container



- **Tells you how many servings are in the entire container**
- **In this example:**
 - There are 2 servings in the container
 - If entire container is eaten, nutrition information needs to be doubled



Look at Calories

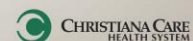
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Calories from Fat	110

- **Calories = energy from food**
- **Calories come from 3 major nutrient: carbohydrates, protein and fat**
- **Body weight is dependent on calorie balance**
 - Weight maintenance: calories in = calories out
 - Weight loss: calories out > calories in
- **The label tells you how many calories are in one serving**



Look at Calories

- **Finding the right amount of calories for you**
 - Dietitian
 - Online Resources
 - USDA Body Weight Planner:
<https://www.supertracker.usda.gov/bwp/>
 - Healthy Body Calculator:
<http://www.dietitian.com/calcbody.php>



Nutrients to Limit

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

- **High intake of these nutrients have been linked to health problems**
- **Fat**
 - Saturated fat: less than 20 grams/day
 - 4 grams of saturated fat or more is high
 - Trans fat: 0
 - Avoid partially hydrogenated vegetable oil
- **Cholesterol: less than 200 mg/day**
- **Sodium: less than 2,400 mg/day**
 - Snacks: less than 300 mg sodium
 - Entrées: less than 600 mg sodium



Nutrients to Limit: Added Sugars

- There are natural sugars found in:



- Naturally occurring sugars are found in foods high in vitamins, minerals, antioxidants and fiber
- Added sugars are sugars that are added to foods, These foods are typically low in nutrient value:



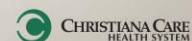
Nutrients to Limit: Added Sugars

- **Names for sugar:**
 - cane sugar, fructose or high fructose corn syrup, honey, molasses, malt, dextrose, honey, etc.
- **High intakes of added sugar have been associated with increased risk of overweight and obesity – thus increasing cancer and diabetes risk**



Nutrients to Limit: Added Sugars

- **Less than 10% of daily calories should come from added sugar**
 - 36 g (9 tsp.) sugar for men
 - 24 g (6 tsp.) sugar for women



Nutrients to Limit

- **Sugars**

- As of now, the label does not distinguish between added vs. naturally occurring sugars—this will change
- Best way to spot added sugar is to look at the ingredients list
- If sugar is listed as one of the top 3 ingredients, the item is high in added sugar – ingredients are listed by weight

INGREDIENTS: WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D₃, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K₁, SODIUM SELENITE, SODIUM MOLYBDATE, VITAMIN B₁₂.



Nutrients to Include

- **Dietary fiber:**
 - Recommendation: 25-35 g fiber per day
 - If a food has 3 grams or more, it is a good source of fiber
- **Vitamins & Minerals**
 - Nutrients listed are nutrients we tend not to get enough
 - A DV of 20% or more = a good source of a nutrient

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



Percent Daily Value

- Tells you the percent of a nutrient you are getting based on a **2,000 calorie diet**
- How to interpret Daily Values
 - 20% or more = high source of a nutrient
 - 5% or less = low source of a nutrient
- Dietary reference values are located at the bottom

Nutrition Facts

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Servings Per Container 2

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Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



Changes to the Food Label

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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Cholesterol	Less than 300mg	300mg
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Total Carbohydrate	300g	375g
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New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

On July 26, 2018, the FDA will mandate changes to the nutrition facts label



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Increased font size of calories and serving size


Calories from fat removed

Addition of added sugars

Addition of potassium and vitamin D

Removal of vitamin C and A

Improved description of the %DV



Take Home Messages



- **Nutrition facts label is key to the nutritional quality of foods**
- **Choose foods high in fiber, vitamins and minerals**
- **Limit foods high in saturated fat, trans fat, sodium and added sugar**
- **Tips for grocery shopping**
 - Shop around the perimeter of the store, start with the produce isle!
 - Select foods in their least processed forms



THE CHRISTIANA CARE WAY

We serve our neighbors as respectful, expert, caring partners in their health. We do this by creating innovative, effective, affordable systems of care that our neighbors value.

