

Reading Labels & the Ingredient List

From "The 5 Clues for Nutrition Detectives" by Dr. David Katz

1

Don't be fooled by the BIG letters on the front of the package. Look for the small letters on the Nutrition Facts label and ingredient list. The front of a food package is like a commercial that talks you into buying that product. Don't be fooled by the ads on the front. Look for the true facts on the food label and ingredient list.

How many servings are you eating?

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%	
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

Get What You Need!

Get LESS

5% or less is low
20% or more is high

Get ENOUGH

5% or less is low
20% or more is high

2

The FIRST ingredient on the list is always the BIGGEST! The ingredients are always listed in the order of quantity. A food is mostly made up of the ingredients that come first.

3

Try not to choose foods that contain partially hydrogenated oil and high fructose corn syrup. Look for these words on a busy nutrition label.

4

Look for short ingredient lists. These foods tend to be more wholesome. They usually have fewer added ingredients that your body doesn't need, such as flavor enhancers, preservatives, or dyes.

5

Fiber is your friend! Beware of whole grain imposters. Choose breads, cereals, granola bars, crackers and pasta with at least 2 grams of fiber per serving (100% whole grain as first ingredient).