

# READING LABELS

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>
* 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
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

## 1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

## 2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. *Tip: Remember that a product that's fat-free isn't necessarily calorie-free.*

## 3 Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

## 4 Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

## 5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

## 6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

- The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

Source: www.fda.gov

# How to Spot Added Sugar on Food Labels

Spotting added sugar on the food label requires a bit of detective work. Food and beverage manufacturers must list a product's total amount of sugar per serving on the Nutrition Facts Panel. But they are not required to list how much of that sugar is added sugar. That's why you'll need to scan the ingredients list of a food or drink to find the added sugar.<sup>1</sup>

All ingredients are listed in descending order by weight.<sup>2</sup> So the relative position of sugar in an ingredients list can give you an idea of whether the food contains a lot of sugar or just a smidge. Added sugars go by many different names, yet they are all a source of extra calories. The American Heart Association (AHA) has recommended that Americans drastically cut back on added sugar, to help slow the obesity and heart disease epidemics.<sup>3</sup> The AHA's suggested added sugar threshold is no more than 100 calories per day (about 6 teaspoons or 24 grams of sugar) for most women and no more than 150 calories per day (about 9 teaspoons or 36 grams of sugar) for most men. But remember—your body doesn't need to get any carbohydrate from added sugar. A good rule of thumb is to skip products that have added sugar at or near the top of the list—or have several sources of added sugar sprinkled throughout the list. ■



Here are a few of the names for added sugar that show up on food labels (list adapted from the Dietary Guidelines for Americans<sup>1</sup>):

- Agave Nectar
- Brown Sugar
- Cane Crystals
- Cane Sugar
- Corn Sweetener
- Corn Syrup
- Crystalline Fructose
- Dextrose
- Evaporated Cane Juice
- Fructose
- Fruit Juice Concentrates
- Glucose
- High-Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltose
- Malt Syrup
- Molasses
- Raw Sugar
- Sucrose
- Sugar
- Syrup

Reprinted from the Nutrition Source, Dept. of Nutrition, Harvard School of Public Health, "How to Spot Added Sugar on Food Labels", [www.hsph.harvard.edu/nutritionsource/healthy-drinks/added-sugar-on-food-labels/](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/added-sugar-on-food-labels/)

1 U.S. Dept. of Health and Human Services, U.S. Dept. of Agriculture. *Dietary Guidelines for Americans* 2005. Chapter 7: Carbohydrates. Accessed on April 5, 2009.  
2 U.S. Food and Drug Administration. 2008. *A Food Labeling Guide: Chapter IV. Ingredient Lists*. Accessed April 10, 2009.  
3 Johnson RK, Appel LJ, Brands M, et al. Dietary sugars intake and cardiovascular health: a scientific statement from the American Heart Association. *Circulation*. 2009; 120:1011-20.