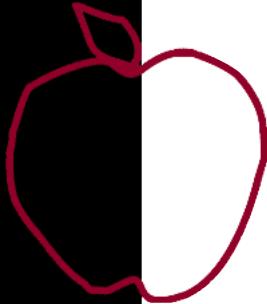


# Food LABELING



Whether you follow a special diet or simply want to “eat healthy,” you will find the food label to be a helpful tool for choosing the right foods. The front of the label is your starting point, with the product name and statements that describe the nutritional qualities of the product. These

statements may be nutrient claims or health claims. Nutrient claims may be low fat, high fiber and cholesterol free. Health claims link a nutrient or food to the risk of a disease or health-related condition, such as fat and cancer.

## GETTING ALL THE FACTS

Nutrition Facts is the place to go to see how a food fits into your total daily diet. Here’s how to use “Nutrition Facts.”

Serving sizes are in household and metric units	<b>Nutrition Facts</b>	% Daily Value gives a general idea of how the amount of nutrient in a serving fits into a 2000 calorie diet. Carbohydrate and fiber values are minimums. Total Fat, Cholesterol, and Sodium are maximums.																												
	Serving Size 14 Crackers (31g) Servings Per Container About 7																													
Nutrient Amounts of One serving	<b>Amount Per Serving</b>																													
	<b>Calories</b> 120 <b>Calories from Fat</b> 35																													
	<b>% Daily Value*</b>																													
	<b>Total Fat</b> 4g 6%																													
	<b>Saturated Fat</b> 2g 3%																													
	<b>Polyunsaturated Fat</b> 0.5g																													
	<b>Monosaturated Fat</b> 1.5g																													
	<b>Trans Fat</b> 0g																													
	<b>Cholesterol</b> 0mg 0%																													
	<b>Sodium</b> 310 mg 13%																													
	<b>Total Carbohydrate</b> 19g 6%																													
	<b>Dietary Fiber</b> Less than 1g 4%																													
	<b>Sugars</b> 2g																													
	<b>Protein</b> 2g																													
	<b>Vitamin A</b> 0% • <b>Vitamin C</b> 0%																													
	<b>Calcium</b> 4% • <b>Iron</b> 6%																													
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																													
	<table><thead><tr><th></th><th>Calories</th><th>2,000</th><th>2,500</th></tr></thead><tbody><tr><td>Total Fat</td><td>Less than</td><td>65g</td><td>80g</td></tr><tr><td>Sat Fat</td><td>Less than</td><td>20g</td><td>25g</td></tr><tr><td>Cholesterol</td><td>Less than</td><td>300mg</td><td>300mg</td></tr><tr><td>Sodium</td><td>Less than</td><td>2,400mg</td><td>2,400mg</td></tr><tr><td>Total Carbohydrate</td><td></td><td>300mg</td><td>375mg</td></tr><tr><td>Dietary Fiber</td><td></td><td>25g</td><td>30g</td></tr></tbody></table>			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		300mg	375mg	Dietary Fiber		25g	30g
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# INGREDIENT LABELING

A list of ingredients is required on almost all foods. Ingredients are listed in descending order by weight. This helps you get an idea of the proportion of an ingredient in a food. Artificial colors must be listed by name in the ingredient list. Also, the total percentage of juice in a beverage that claims it contains fruit or vegetable juice must be stated on the label.

## DEFINING THE TERMS

All terms listed below are based on standard serving sizes established by labeling regulations. These standards are known as Reference Amounts.

### **“Free”**

*Calorie free* – less than 5 calories

*Sugar free* – less than 0.5 grams of sugar

*Sodium free or salt free* – less than 5 milligrams of sodium

*Fat free* – less than 0.5 grams of fat

*Cholesterol free* – less than 2 milligrams of cholesterol

### **“Low”**

*Low calorie* – less than 40 calories

*Low sodium* – less than 140 milligrams of sodium

*Very low sodium* – less than 35 milligrams of sodium

*Low fat* – 3 grams or less of fat

*Low in saturated fat* – contains 1 gram or less of saturated fat

*Low in cholesterol* – 20 milligrams or less of cholesterol and 2 grams or less of saturated fat

### **“Reduced, Less, Fewer”**

Nutritionally altered products must contain 25% or less of a nutrient or calories than the regular or referenced product and 2 grams or less of saturated fat.

### **“Light/Lite”** (There are two meanings for “light”):

Product with 1/3 fewer calories or 50% of the fat of the reference food. Sodium content of food is reduced 50%. For main dishes “light sodium” means the food is “low” in sodium.

### **“More”**

Food contains at least 10% more of a given nutrient.

### **“High”, “Rich In”, “Excellent Source”**

Contains 20% or more of the Daily Value (DV) of a given nutrient.

### **“Good Source”**

Contains 10% – 19% of the Daily Value (DV) of a given nutrient.

### **“Lean” and “Extra Lean”**

Used to describe fat content of meat, poultry, seafood and game meat. “Lean” is less than 10 grams of fat, less than 4 grams of saturated fat and less than 95 milligrams of cholesterol per serving and per 100 grams (3-1/2 oz). “Extra Lean” is less than 5 grams of fat, less than 2 grams of saturated fat and less than 95 milligrams of cholesterol per serving and per 100 grams (3-1/2 oz).

### **“Percent Fat Free”**

Product must be low fat or fat free. Claim must accurately state amount of fat per 100 gram serving.

### **“Healthy”**

A food that is low in fat and saturated fat, has 480 mg or less of sodium per serving, and contains at least 10% of the Daily Value (DV) for one of the following nutrients: vitamin A, vitamin C, protein, calcium, iron or fiber.