

NUTRITION 2016 | Department Huddles

Food Label Claims

Free (per serving)

- Calorie-free – less than five calories
- Sugar-free – less than 0.5 grams of sugar
- Sodium-free or salt-free – less than five milligrams of sodium
- Fat-free – less than 0.5 grams of fat
- Cholesterol-free – less than two 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 – three grams or less of fat
- Low in saturated fat – contains one gram or less of saturated fat
- Low in cholesterol – 20 milligrams or less of cholesterol and two grams or less of saturated fat

Light/Lite

- Product with 1/3 fewer calories or 50% of the fat of the original food product
- For main dishes “light sodium” means the food is “low” in sodium

Healthy

- A food that is low in fat and saturated fat, has 480 milligrams or less of sodium per serving and contains at least 10% of the Daily Value for one of the following nutrients:
 - Vitamin A, Vitamin C, Protein, Calcium, Iron or Fiber

More

- Food contains at least 10% of a given nutrient

Lean, extra Lean

- Used to describe fat content of animal products
 - Lean – less than 10 grams of fat, less than four grams of saturated fat and less than 95 milligrams of cholesterol per serving (3.5 oz.)
 - Extra lean – less than five grams of fat, less than two grams of saturated fat and less than 95 milligrams of cholesterol per serving (3.5 oz.)

Good source

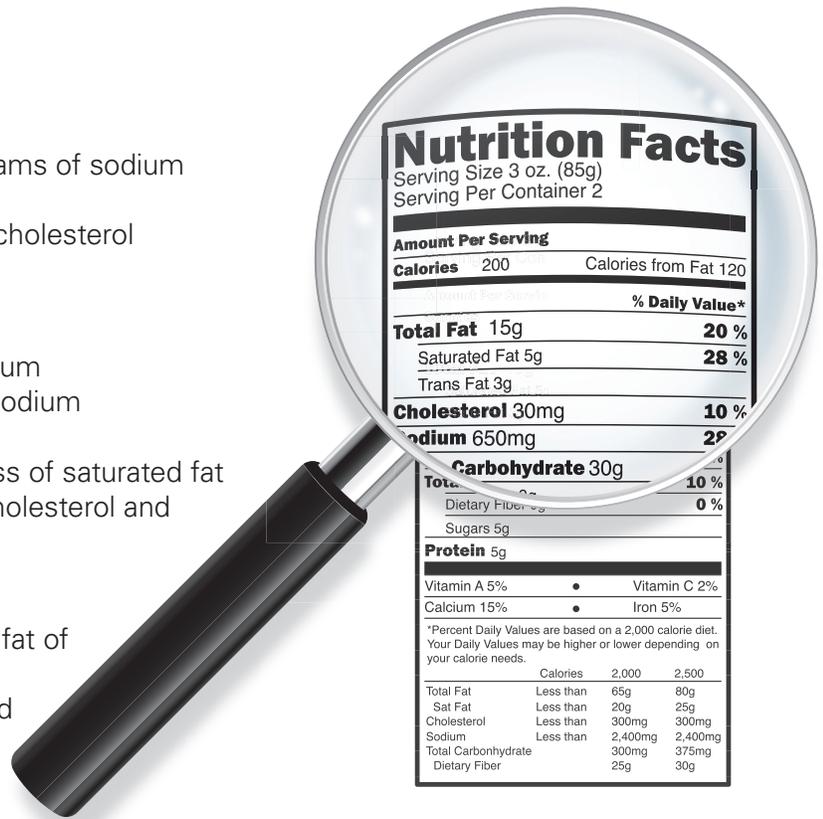
- Food contains 10-19% of the Daily Value of a given nutrient

Reduced, less, fewer

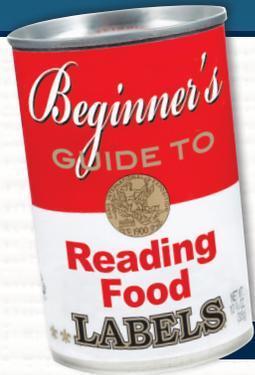
- Must contain 25% or less of a nutrient or calories than the regular food product
 - And two grams or less of saturated fat

High, rich in, excellent source

- Food contains 20% or more of the Daily Value of a given nutrient



STEP UP TO THE PLATE



Do the food labels on your groceries look like they are in a different language? We can help translate them for you. Go grab a box of cereal or can of soup and use this handy guide to make sense of it all.

SERVING SIZE

This is your starting point. Find out the size of a single serving and how many servings are in the entire package. The nutrition facts will relate to the serving size, not the entire package.

NO CALORIES ... (ALMOST)

Food must have less than 5 calories to be calorie free

CALORIES

Calories are the measure of energy you get from a serving. Eat two servings and you eat twice the calories. Four servings? Four times the calories. You get the point.

LOW: 40 calories • **HIGH:** 400 calories

SODIUM

Salt (sodium) can raise blood pressure, which increases your risk of heart disease.

LOW: 140 mg or less • **HIGH:** 400 mg or more

HOW TO BE SUGAR FREE

Must have less than .5 grams of sugar

SUGAR

Sugar can be named many things in the list of ingredients on a food label, but it can't hide in the nutrition facts! There are 4 grams of sugar in a teaspoon, so this example has more than 2 teaspoons of sugar per serving.

DID YOU KNOW?

Trans fats were banned in New York City in 2006. Trans fats are considered harmful contributors to heart disease because they're suspected to lower your good cholesterol and raise your bad cholesterol — a dangerous combination.

Nutrition Facts

Serving Size ¾ cup (28g)
Servings Per Container about 12

Amount Per Serving	Honey Nut Cheerios	with ½ cup skim milk
Calories	110	150
Calories from Fat	15	15

	% Daily Value**	
Total Fat 14g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		

Cholesterol 0g	0%	1%
Sodium 160mg	7%	9%
Potassium 115mg	3%	9%

Total Carbohydrate 22g	7%	9%
Dietary Fiber 2g	8%	8%
Soluble Fiber less than 1g		
Sugars 9g		
Other Carbohydrate 11g		

Protein 2g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	8%	20%
Magnesium	6%	10%
Zinc	25%	30%

% DAILY VALUE

You'll find "percent daily value" as a column on the right side of the nutrition facts label. It's based on a 2,000-calorie diet and shows you the recommended daily amount you should eat.

LOW: 5% or less percent daily value
HIGH: 20% or more percent daily value

The % Daily value can help you determine if a food is high or low in a given nutrient. Not all nutrients have %Daily values for instance, trans fats, sugar and proteins do not have a % Daily Value.

FATS

There is total fat, then there are different types of fat: saturated, polyunsaturated, monounsaturated and trans fats.

UNSATURATED FAT: Generally OK (look for the words monounsaturated or polyunsaturated).

SATURATED: Try to reduce or limit the amount of saturated fats you eat.

TRANS FATS: These are unsaturated fats, which are created in a lab (the worst of the fats).

CHOLESTEROL

This actually is a type of fat found in your blood. It is an essential part of your diet, but too much can increase your risk of heart disease.

LOW: 20 mg or less • **HIGH:** 200 mg or more

THE GOOD NUTRIENTS

FIBER: Suggest 25 grams per day for women and 38 grams per day for men.

PROTEIN: Ten to 35 percent of your daily calories will come from protein.

VITAMINS and MINERALS: They might be listed under normal names like vitamin A, vitamin C, calcium and iron. Sometimes vitamins have strange names, for example, riboflavin (vitamin B2), cobalamin (vitamin B12) and niacin (B3). But all vitamins are good for your health.