



School Nutrition Bites

Grades 4-6

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Reading Food Labels

Nutrition Facts food labels have information to help us to make choices about the foods we eat. Here are some tips on how to read them and what to look for.

Limit these

Saturated fat, *trans* fat, cholesterol, sodium and sugars.

Get enough of these

Fiber, vitamins A & C, iron and calcium.

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%
<i>Trans</i> Fat 3g	
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

Source: FDA
<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

Serving Size

Remember that one package may contain more than one serving. This is important because the amount of calories and nutrients is based on the serving size.

Calories

When comparing foods, keep in mind that 400 or more calories per serving is high, and try to keep track of the calories you eat throughout the day. The food label is based on a 2,000 calorie diet, but your calorie needs might be different. Check MyPyramid (www.mypyramid.gov) to find out how many calories you should eat.

% Daily Value (%DV)

This is the percentage on the right side of the label. At the bottom of the label you will see that the percentage is based on a 2,000 calorie diet; however, some people need more or less. You can use this to compare foods, just remember that 5% DV is low and 20% DV is high.

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