



# Understanding Food Labels

## Label Reading for Better Eating

Serving sizes are in common household measurements. Serving sizes are the same for similar products.

### Nutrition Facts

Serving Size: 3/4 Cup (170g)  
Servings Per Container: 4

Amount Per Serving (as prepared)  
**Calories 289**    **Calories from fat 117**

|                               | % Daily Value * |
|-------------------------------|-----------------|
| <b>Total Fat</b> 13g          | <b>20%</b>      |
| Saturated Fat 5g              | <b>25%</b>      |
| <b>Cholesterol</b> 30mg       | <b>10%</b>      |
| <b>Sodium</b> 530mg           | <b>22%</b>      |
| <b>Total Carbohydrate</b> 34g | <b>12%</b>      |
| Dietary Fiber 0g              | <b>0%</b>       |
| Sugars 5g                     |                 |
| <b>Protein</b> 9g             |                 |
| Vitamin A                     | 2%              |
| Vitamin C                     | 2%              |
| Calcium                       | 8%              |
| Iron                          | 10%             |

\* 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     |

Ingredients: Enriched Macaroni (Flour, Niacin, Ferrous Sulfate, Thiamine Mono-nitrate, Riboflavin); Cheese Sauce Mix (Whey, Dehydrated Cheese [Granular and Cheddar (Milk, Cheese Culture, Salt, Enzymes)], Whey Protein Concentrate, Skim Milk, Buttermilk, Sodium Tripolyphosphate, Sodium Phosphate, Citric Acid, Yellow 5 (Color) Yellow 6 (Color), Lactic Acid.

Ingredients are listed in descending order - main ingredient is listed first, smallest ingredient is listed last.

% Daily Value shows how a food fits into overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Package A

Package B

**Nutrition Facts**

Serving Size: 1 Cup (25g)  
Servings Per Container: 10

Amount Per Serving (as prepared)  
**Calories 97**      **Calories from fat 16**

|                               | % Daily Value * |
|-------------------------------|-----------------|
| <b>Total Fat</b> 2g           | <b>3%</b>       |
| Saturated Fat 1g              | <b>5%</b>       |
| <b>Cholesterol</b> 0mg        | <b>0%</b>       |
| <b>Sodium</b> 231mg           | <b>10%</b>      |
| <b>Total Carbohydrate</b> 18g | <b>6%</b>       |
| Dietary Fiber 1g              | <b>4%</b>       |
| Sugars 5g                     |                 |
| <b>Protein</b> 4g             |                 |
| Vitamin A                     | 22%             |
| Vitamin C                     | 22%             |
| Calcium                       | 4%              |
| Iron                          | 2%              |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole Oat Flour (Includes the Oat Bran), Wheat Starch, Sugar, Salt, Calcium Carbonate (Provides Calcium), Trisodium Phosphate, Vitamin C (Sodium Ascorbate), Iron (A Mineral Nutrient), A B Vitamin (Niacin), Vitamin A (Palmitate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), and Vitamin D.

**Nutrition Facts**

Serving Size: 1 Cup (32g)  
Servings Per Container: 10

Amount Per Serving (as prepared)  
**Calories 125**      **Calories from fat 9**

|                               | % Daily Value * |
|-------------------------------|-----------------|
| <b>Total Fat</b> 1g           | <b>2%</b>       |
| Saturated Fat 0g              | <b>0%</b>       |
| <b>Cholesterol</b> 0mg        | <b>0%</b>       |
| <b>Sodium</b> 227mg           | <b>9%</b>       |
| <b>Total Carbohydrate</b> 26g | <b>9%</b>       |
| Dietary Fiber 1g              | <b>4%</b>       |
| Sugars 14g                    |                 |
| <b>Protein</b> 3g             |                 |
| Vitamin A                     | 22%             |
| Vitamin C                     | 22%             |
| Calcium                       | 4%              |
| Iron                          | 22%             |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Sugar, Corn Flour, Marshmallows (Sugar, Corn Syrup, Dextrose, Modified Food Starch, Gelatin, Artificial and Natural Flavor, artificial color), oat flour, wheat flour, Hydrogenated Coconut and Palm Kernel Oil, Salt, Natural and Artificial Flavor (with BHA added to Preserve Freshness) and Artificial Color (Including yellow 5), BHT is added to Packaging Material to Preserve Freshness.

How many servings are in package A? \_\_\_\_\_

How much total fat is in one serving of the food in package A? \_\_\_\_\_

Which food is lower in total fat, the food in package A or the food in package B? \_\_\_\_\_

Which food has more fiber, the food in package A or the food in package B? \_\_\_\_\_

Adapted from "Label Reading for Better Eating" and "Comparing the Labels" in "Stretching Your Food Dollars" from the University of Wisconsin Extension.

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November 2002  
Publication Number: FDNS-NE 301