



GET THE FACTS!

Steps to Reading and Understanding a Nutrition Facts Label

Traditional foods that Mother Earth supported; like corn, beans, squash, buffalo, wild rice, etc.; did not have food labels. IF they did have a Nutrition Fact Label, the label would indicate those foods were low in cholesterol, fat, sodium, and high in fiber, vitamins and minerals. This makes traditional foods all-around healthier foods.

But, today we eat pre-packaged foods. These foods are required by law to have a visible label. Reading the Nutrition Facts Label helps us make informed decisions about the foods we eat. Here are some quick tips to help us understand the FACTS when we read the label.

1 - Start with the serving information at the top of the label. This will tell you the size of a single serving and the total number of servings per container (package).

2 - Next, check total calories per serving. Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

The next section of information on a nutrition label is about the amounts of specific nutrients in the product.

3 - Limit these nutrients. Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 mg of sodium.

4 - Get enough of these nutrients. Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5 - Quick guide to % Daily Value. The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), **choose foods with a lower % DV — 5 percent or less.** If you want to consume more of a nutrient (such as fiber), **seek foods with a higher % DV — 20 percent or more.**

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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