



## Healthy Eating Skill: Reading a Food Label

Food is all around us. In order to make healthy food choices to achieve and maintain a healthy weight, it is important to understand the foods we eat. One important tool can be the food label. It is found on nearly all foods sold in the US, and contains a variety of useful information.

| <b>Nutrition Facts</b>  |                              |
|---|------------------------------|
| Serving Size 1 cup (228g)   |                              |
| Servings Per Container 2  |                              |
| Amount Per Serving  |                              |
| <b>Calories</b> 260   | Calories from Fat 120        |
| % Daily Value*  |                              |
| <b>Total Fat</b> 13g  | <b>20%</b>                   |
| Saturated Fat 5g  | <b>25%</b>                   |
| Trans Fat 2g  |                              |
| <b>Cholesterol</b> 30mg   | <b>10%</b>                   |
| <b>Sodium</b> 660mg   | <b>28%</b>                   |
| <b>Total Carbohydrate</b> 31g   | <b>10%</b>                   |
| Dietary Fiber 0g  | <b>0%</b>                    |
| Sugars 5g   |                              |
| <b>Protein</b> 5g   |                              |
| Vitamin A 4%  | Vitamin C 2%                 |
| Calcium 15%   | 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                   |
| Calories per gram:  |                              |
| Fat 9   | Carbohydrate 4    Protein 4  |

← Serving information. Compare it to the amount you actually eat.

← Total calories and fat calories per serving. Helps consumers meet guidelines of getting no more than 30% of the total calories in their overall diet from fat.

← % Daily Value shows if a food contributes a little (5% or less) or a lot (20% or more) of nutritional value to your daily diet. The list of nutrients covers those most important to the health of consumers.

← These nutrients are lacking in many diets and getting enough of them can improve health and help reduce the risk of some diseases.

← Footnote – information same on all food labels regardless of the food. It is a dietary guideline for all Americans. Your actual needs may vary, depending on age, activity level, etc.

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW** community website at <http://airforcemedicine.afms.mil/shapeyourfuture>.

**Shape Your Future... Your Weigh!™**