

## 4.02 Food Label Nutrition Facts

Food labels contain information necessary to make healthy eating choices, but they can be deceptive, unless you know how to decode the facts. Of all the numbers listed, there is one that is the key: serving size.

The quantities and percentages listed on a food label are all relative to one serving, but most containers provide more than one serving. For example, the accompanying label indicates that the package contains two servings, but all of the values listed are for a single serving.

Consequently, all of the values listed must be doubled in order to accurately reflect the relative amounts of each nutritional component. And that is what causes confusion about healthy eating choices.

Five percent is considered low for most nutritional components, but 20% or more is excessive. Some of the percent values listed are already in the 20% range for one serving, but when multiplied by 2, they are well above the recommended daily values!

As a result, consuming the entire package of the food shown here represents  $\frac{1}{4}$  of a 2000 calorie diet!

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%
Trans Fat	3g	
Cholesterol	30mg	10%
Sodium	470mg	20%
Potassium	700mg	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

Use the following DRVs for nutritional components.

Calories	2000
Fat	65 grams
Carbohydrates	300 grams
Fiber	25 grams
Protein	50 grams