

TITLE: _____

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| Nutrition Facts | | | |
|--|-----------|-----------------------|----------------|
| Serving Size 1 cup (228g) | | | |
| Servings per Container 2 | | | |
| Amount Per Serving | | | |
| Calories 280 | | Calories from Fat 120 | |
| | | | % Daily Value* |
| Total Fat | 13g | | 20% |
| Saturated Fat | 5g | | 25% |
| Trans Fat | 2g | | |
| Cholesterol | 2mg | | 10% |
| Sodium | 660mg | | 28% |
| Total Carbohydrate | 31g | | 10% |
| Dietary Fiber | 3g | | 0% |
| Sugars | 5g | | |
| Protein | 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 |
| Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | • | Carbohydrate 4 |
| | | | • Protein 4 |

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Subtitle 1: _____

It's important to understand the terminology used in food labels. And it's just as important to know what ingredients are in the foods you eat. All food labels list the ingredients in order of weight: The ingredient with the greatest amount of weight is listed first; the ingredient with the least amount is listed last. So, if a product lists a particular fat (or oil) as the first ingredient, the product contains more of that fat than any other single ingredient. If the product label lists several fats and oils, **that product** is likely to be high in total fat.

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Subtitle 2:

To read a food label, check the Nutrition Facts panel. On this panel, manufacturers are required to express nutrient amounts in a reasonable, standardized serving size defined for each type of food. **This** makes **it** easier to compare similar foods and decide which ones are best for your eating plan.

The Nutrition Facts panel also lists the number of servings per container, number of calories, calories from fat, and grams of total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fiber, sugar, and protein in a standard serving of the food. Keep in mind that the nutrition information is based on one serving, so if you eat half a serving, all the nutritional values listed need to be cut in half. If a product contains four servings and you eat all of it, then the calories, fat and other nutrients need to be multiplied by four.

Trans fat is the latest addition to the Nutrition Facts panel. However, the labeling laws allow for some rounding of nutritional values, and in the case of trans fat, if the food contains less than 0.5 g of trans fat, it can be rounded to 0 g. **This** becomes tricky if you are trying to limit your intake of trans fat. For example, if you had three servings of a food labeled as 0 g trans fat, but **it** actually contained 0.3 g, you would be eating almost 1 g of trans fat. If you're aiming for less than 2 g of trans fat a day, you'd be halfway to the limit, and **that's** only from one food!

For total fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, vitamin A, vitamin C, calcium, and iron, as well as any other vitamins or minerals listed, the label also gives a "% Daily Value." The Daily Value refers to the amount of a nutrient that is recommended for a person who consumes 2,000 calories a day. Near the bottom of the label, you'll find the recommended grams for some of these nutrients for a 2,000- and 2,500-calorie diet.

Look at the Nutrition Facts label above (on page 1). On a 2,000-calorie diet, the Daily Value for total fat is less than 65 g, which is slightly under 30 percent of total calories. If a label lists 13 g of fat per serving, **it** is equal to 20 percent of the Daily Value. To get 20 percent of your entire Daily Value of fat from one food makes **this** a high-fat food. Now that you know this information, you have two choices: You can eat the food and limit fat in your other food choices throughout the whole day, or you can choose another food with a lower Daily Value of fat. Even if you eat more or less than 2,000 calories each day, the percent Daily Value is a helpful guide because **it** allows you to compare the nutritional value of food products, evaluate whether a food has too much or too little of a particular nutrient, and determine how well **it** fits into your overall diet.

Subtitle 3:

Dietary fat is the most concentrated source of food energy. Current recommendations are to limit **it** to 20-35% of total calories. However, diets containing as little as 5-10% of total calories as fat appear to be safe and well tolerated.

Dietary fats are composed primarily of fatty acids and dietary cholesterol. Fatty acids contain either no double bonds (saturated), one double bond (monounsaturated), or more than one double bond (polyunsaturated). Saturated fatty acids are associated with increased serum cholesterol, whereas polyunsaturated and monounsaturated fatty acids lower serum cholesterol. Trans-fatty acids, a particular form of unsaturated fat found in partially hydrogenated vegetable oils, also raise serum cholesterol levels. Saturated fats are solid at room temperature and in general are derived from animal foods; unsaturated fats are liquid at room temperature and in general are derived from plant foods. Cholesterol is a major constituent of cell membranes. **It** is synthesized by the body and is not an essential nutrient.

The table below (on page 3) lists common sources of saturated fat and cholesterol. **It's** best to cut back on foods that list these ingredients first or that list several of them if you want to lower your cholesterol. You'll also want to pay special attention to the specific types of fats and oils the product contains. For example, some products simply list vegetable oil as an ingredient. While **that** may imply a healthful oil, remember that tropical oils -- coconut oil, palm kernel oil, and palm oil -- are

- highly saturated. Cocoa butter is also high in saturated fat. Other than **these oils**, vegetable oils are primarily unsaturated fats. But remember if the oil is partially hydrogenated, **that** means **it** contains trans fat. To limit trans fat in your diet, look for products that list non-hydrogenated monounsaturated or polyunsaturated vegetable oil in the ingredients, such as olive, canola, safflower, sunflower, corn, cottonseed, sesame, or soybean oil.

Subtitle 4: _____

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|------------------|-------------|----------------------------|-----------------|
| bacon fat | chicken fat | whole-milk solids | cocoa butter |
| pork fat or lard | turkey fat | egg yolks | coconut oil |
| beef fat | butter | vegetable shortening* | palm kernel oil |
| lamb fat | cream | hydrogenated vegetable oil | palm oil |

**Shortening: fat that is solid at room temperature*

10 Subtitle 5: _____

Food label terminology can be confusing. Here is a collection of some of the terms you may find on food packages.

| If the label says... | It means... |
|---|---|
| Calorie free | Less than 5 calories per serving |
| Low calorie | 40 calories or less per serving |
| Reduced calorie | At least 25 percent fewer calories per serving than the regular version |
| Cholesterol free | Less than 2 mg cholesterol and 2 g or less saturated fat per serving |
| Fat free | Less than 0.5 g fat per serving |
| Low fat | 3 g or less fat per serving |
| Reduced fat or less fat | At least 25 percent less fat per serving than the regular version |
| Saturated-fat-free | Less than 0.5 g saturated fat and less than 0.5 g <i>trans</i> fat per serving |
| Low saturated fat | 1 g or less saturated fat per serving |
| Reduced saturated fat or less saturated fat | At least 25 percent less saturated fat per serving than the regular version |
| Light or Lite | One-third fewer calories or 50 percent or less fat than the regular version; non-nutritive "light" claims are allowed but must identify the basis of the claim (examples: "light in color," "light in texture") |
| Lean | Less than 10 g fat, 4.5 g saturated fat, and 95 mg cholesterol per serving |
| Extra lean | Less than 5 g fat, 2 g saturated fat, and 95 mg cholesterol per serving |