

# FOOD LABELS, what to watch out for!



Food labels can be confusing but also very informative to pick healthy food! While the front of the package may claim all the healthy ingredients and “functions” of this choice the food labels will tell you if it REALLY is a healthy option. Check the food labels to make sure it is as healthy as advertised or just to pick healthy foods for a whole meal.

Start with the **SERVING SIZE**. The package might contain several servings. This is important for your portion control!

The **CALORIES** tell you how much energy you will get from one serving. If you do not need all the energy, your body stores it.

Calories from **FAT** tells you how much energy comes from fat. Your heart likes lower numbers of fat and prefers unsaturated fats rather than saturated or Trans fats!

**TOTAL FAT** tells you about the amount of all the different fats per serving.

**CHOLESTEROL AND SODIUM** (salt) can be high in pre-cooked meals. Pick foods that have 5% or less

**VITAMIN** section. Our body loves vitamins. 20% and more makes the body especially happy.

## 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

Footnote

Start here

Check calories

Quick guide to % DV

5% or less is low  
20% or more is high

Limit these

Get enough of these

The **SERVING PER CONTAINER** are important to look at. One serving might be low in fats and sugars but if you eat several servings it adds up quickly!

The **% (Percent) DAILY VALUE (DV)** give you the percentages of the amount of a nutrient per one serving based on a 2000kcal diet. Adjust to your own calorie intake.

**FIBER** helps your body to move the nutrients through your body easily. Foods with more than 4 grams of fiber are good for you!

Our body does not need much **SUGAR**. The sugar content tells you the total amount of natural and added sugars.

The building blocks for our cells need **PROTEIN**. Protein is important but be careful, high protein foods can be high in fat. Choose wisely.

## Nutrition guide

Per 100g	Healthier Eat more often 😊	OK Eat in moderation 😐	Least healthy Limit intake 😞
Total fat	3g or less	3g - 20g	20g or more
Saturated fat	1.5g or less	1.5g - 5g	5g or more
Sugar	5g or less	5g - 15g	15g or more
Sodium	120mg or less	120mg - 600mg	600mg or more



# Healthy Living

EAT  
GOOD  
FEEL  
GOOD

