Show Me Nutrition

Building MyBody

Third-grade nutrition education newsletter

Lesson 5

Nutrition Facts on the Food Label

Using Nutrition Facts on the food label helps us make healthier food choices. Because there is a lot of information in Nutrition Facts, start by looking at serving size, calories in the food, the amount of selected nutrients in foods such as vitamin D, calcium, iron and potassium.

What can you do with your child to make healthier food choices?

Read the Nutrition Facts on the food label!

- At home or in the grocery store, have your child look at the Nutrition Facts to figure out how many servings are in a food package.
- Have your child measure out single servings of snacks like crackers and nuts so they become familiar with what a serving size looks like.
- At the grocery store, have your child use the Nutrition Facts to identify foods that are high in vitamin D.
- At the grocery store, have your child use the Nutrition Facts to choose snacks that are low in saturated fat and added sugar.
- Involve family members! Ask them to choose snacks at home and guess which are highest or lowest in vitamin D and iron. Show them the Nutrition Facts so they can see which snacks are high or low in these vitamins.

- At the store, have your child find cereal that is low in sugar (Low is less than 5% of the DV, or Daily Value). Try the cereal at home!
- At the store, have your child find canned fruit that is low in added sugar. Try the low-sugar canned fruit at home!
- At the store, have your child compare serving sizes for nuts and dried fruit.

Read the Label to Eat Better

Serving sizes are in common household measurements, like 1 cup or 1 teaspoon.

% Daily Value shows how a food fits into your Daily Value.
- Low is 5 percent or less
- High is 20 percent or more

Daily values are the amount of a nutrient in one serving of food compared to what is recommended for a 2,000 and 2,500 calorie diet.

Limit these to avoid eating too many calories, fat, saturated fat, trans fat, cholesterol, sodium and sugar.

Get enough of these nutrients.

Original label

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 12g	
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

New label

Nutrition Facts
8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings: larger bolder type

Serving sizes updated

Calories: larger type

Updated daily values

New: added sugars

Different nutrients

Actual amounts declared

New footnote

Adapted from: FDA, "Original versus New Label - Side-by-Side Comparison" https://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/UCM501646.pdf

INGREDIENTS: ENRICHED MACARONI (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN); CHEESE SAUCE MIX (WHEY, DEHYDRATED CHEESE [GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)], WHEY PROTEIN CONCENTRATE, SKIM MILK, BUTTERMILK, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, YELLOW 5[COLOR], YELLOW6, [COLOR], LACTIC ACID)

Ingredient list: Along with the food label you will find an ingredient list on food products. The ingredients are listed by weight in the product. The ingredient that weighs the most is listed first, followed by the remaining ingredients in descending order of weight. The last ingredient listed will be the one that weighs the least.

Understanding and using the nutrition facts on the Food Label can help us make healthier choices. Because there is a lot of information on the Food Label start by looking at: (examples taken from above new label)

- Updated daily values for:
  - **Total Fat 8g:** 8g of fat is 10% of the Daily Value.
    - Saturated Fat 1g: 1g of saturated fat is 5% of the Daily Value for fat.
    - Trans Fat 0g: there is no measurable trans fat in this food.
  - **Cholesterol 0 mg:** there is no cholesterol contributing to the diet.
  - **Sodium 160mg:** (sodium a part of salt) 160mg of sodium makes up 7% of the Daily Value.
  - **Total Carbohydrate 37g:** 37g of total carbohydrates make up 13% of the Daily Value.
    - *Dietary Fiber 4g: 4g of dietary fiber make up 14% of the Daily Value.*
    - *Total Sugars 12g:* (added and natural) sugars found in the food.
    - *Includes 10g Added Sugars:* (these are sugars that have been added to the food) 10g added sugars make up 20% of the Daily Value.
  - **Protein 3g:** a daily value for protein is not required.
- **Vitamins A and C** are no longer required on the food label. **Vitamin D** is now required. **Iron** and **calcium** are still required with the **addition of potassium**. In the above example:
  - Vitamin D 2mcg is 10% of the Daily Value.
  - Calcium 260mg is 20% of the Daily Value.
  - Potassium 235mg is 6% of the Daily Value.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to *mydss.mo.gov/food-assistance/food-stamp-program*.

MU Extension
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