



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. There is a lot of information in Nutrition Facts. Start by looking at serving size, calories and the amount of selected nutrients such as fiber, calcium, potassium, iron and vitamin D.

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 nutrients.



- At the store, have your child find cereal that is low in added sugar (less than 5% 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

Original label

New label

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 foods high in saturated fat, trans fat, sodium, and added sugar.

Look for foods high in vitamins and minerals.

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.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance



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