

# How to Read a Food Label

## Changes are coming to make it easier!

### WHATS NEW?

#### 1. Greater Understanding of Nutrition

- Require information about “added sugars.”
- Update daily values for nutrients like sodium, dietary fiber and Vitamin D.
- Require manufacturers to declare the amount of potassium and Vitamin D on the label, because they are new “nutrients of public health significance.” Calcium and iron would continue to be required, and Vitamins A and C could be included on a voluntary basis.
- While continuing to require “Total Fat,” “Saturated Fat,” and “Trans Fat” on the label, “Calories from Fat” would be removed because research shows the type of fat is more important than the amount.

#### 2. Updated Serving Size Requirements

- Change the serving size requirements to reflect how people eat and drink today, which has changed since serving sizes were first established 20 years ago.
- Require that packaged foods, including drinks, that are typically eaten in one sitting be labeled as a single serving and that calorie and nutrient information be declared for the entire package. For example, a 20-ounce bottle of soda, typically consumed in a single sitting, would be labeled as one serving rather than as more than one serving.
- For certain packages that are larger and could be consumed in one sitting or multiple sittings, manufacturers would have to provide “dual column” labels to indicate both “per serving” and “per package” calories and nutrient information.

#### 3. New Design

- Make calories and serving sizes more prominent to emphasize parts of the label that are important.
- Shift the Percent Daily Value to the left of the label, so it would come first. This is important because the Percent Daily Value tells you how much of certain nutrients you are getting from a

#### **1. Start by looking at the serving size:**

First step is to figure out how much you are eating. Are you eating the entire box or just 1 cup?

#### **2. Limit nutrients such as saturated fats, trans fat, cholesterol, and sodium:**

Often by choosing foods low in these things you are providing lower calorie, higher nutrient dense foods.

#### **3. Increase These Nutrients:**

Make sure you are getting enough of these: fiber, vit. A, vit. C, calcium, and iron.

#### **4. Too much or too little?**

Look at the percentages next to each nutrient. A product is low if it is 5% or less and high if it is 20% or more. For instance, a product that is low in fat would have <5% daily value of fat. A product that is high in fiber would have >20% daily value of fiber.

# Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

## Amount Per Serving

**Calories** 230      Calories from Fat 40

**% 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 1g

**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

# Nutrition Facts

**8 servings per container**

Serving size      2/3 cup (55g)

Amount per 2/3 cup

**Calories**      **230**

**% DV\***

**12%**      **Total Fat** 8g

**5%**      **Saturated Fat** 1g

Trans Fat 0g

**0%**      **Cholesterol** 0mg

**7%**      **Sodium** 160mg

**12%**      **Total Carbs** 37g

**14%**      **Dietary Fiber** 4g

Sugars 1g

Added Sugars 0g

**Protein** 3g

**10%**      **Vitamin D** 2mcg

**20%**      **Calcium** 260mg

**45%**      **Iron** 8mg

**5%**      **Potassium** 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.



OLD



NEW

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Jenn is a 7 time All American swimmer from the University of South Carolina. She was runner-up National Champion in both the 100 and 200 frees at the 2004 Div 1 NCAA Championships and competed in the 2004 Olympic Trials in the 50, 100, and 200 freestyles. Jenn holds a Masters degree in Human Nutrition, her clinical registered dietetics license, and specializes in sports nutrition. In 2011-2012 she was the Director of Sports Nutrition for NC State Univ. overseeing all teams (800 athletes) and currently consults with the United States Performance Center, Carolinas Medical Center, and the Charlotte YMCA System while running her private practice RDpro,LLC. Jenn is married to Nick Brunelli, American record holder in the 50 free (2006-2011). Jenn can be contacted directly at [sportsRDpro@gmail.com](mailto:sportsRDpro@gmail.com).

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