

# UNDERSTANDING THE FOOD LABEL



**METABOLIC**  
HEALTH CENTERS

# WHAT IS THE NUTRITION FACTS LABEL?

- Serving Size
- Servings per container
- Calories
- Fat
- Cholesterol
- Sodium
- Carbohydrates
- Protein
- Amounts of some nutrients
- Comparison to Daily Values

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| 8 servings per container   |                      |
| <b>Serving size</b>  | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>  |                      |
| <b>Calories</b>  | <b>230</b>           |
| <b>% Daily Value*</b>  |                      |
| <b>Total Fat</b> 8g  | <b>10%</b>           |
| Saturated Fat 1g   | <b>5%</b>            |
| <i>Trans</i> Fat 0g  |                      |
| <b>Cholesterol</b> 0mg   | <b>0%</b>            |
| <b>Sodium</b> 160mg  | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g  | <b>13%</b>           |
| Dietary Fiber 4g   | <b>14%</b>           |
| Total Sugars 12g   |                      |
| Includes 10g Added Sugars  | <b>20%</b>           |
| <b>Protein</b> 3g  |                      |
| Vitamin D 2mcg   | <b>10%</b>           |
| Calcium 260mg  | <b>20%</b>           |
| Iron 8mg   | <b>45%</b>           |
| Potassium 235mg  | <b>6%</b>            |
| <small>* 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.</small> |                      |

# SERVING SIZE AND CALORIES

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| <i>Trans Fat</i> 0g           |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| Vitamin D 2mcg                | <b>10%</b>           |
| Calcium 260mg                 | <b>20%</b>           |
| Iron 8mg                      | <b>45%</b>           |
| Potassium 235mg               | <b>6%</b>            |

\* 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.

# % DAILY VALUE

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value</b>          |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| <i>Trans Fat</i> 0g           |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| Vitamin D 2mcg                | <b>10%</b>           |
| Calcium 260mg                 | <b>20%</b>           |
| Iron 8mg                      | <b>45%</b>           |
| Potassium 235mg               | <b>6%</b>            |

\* 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.

# NO % DAILY VALUE

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | 5%                   |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | 14%                  |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | 20%                  |
| <b>Protein</b> 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.

# NUTRIENTS TO LIMIT

| <b>Nutrition Facts</b>   |                       |
|--|-----------------------|
| 8 servings per container   |                       |
| <b>Serving size</b>  | <b>2/3 cup (55g)</b>  |
| <b>Amount per serving</b>  |                       |
| <b>Calories</b>  | <b>230</b>            |
|  | <b>% Daily Value*</b> |
| <b>Total Fat</b> 8g  | <b>10%</b>            |
| Saturated Fat 1g   | <b>5%</b>             |
| <i>Trans</i> Fat 0g  |                       |
| <b>Cholesterol</b> 0mg   | <b>0%</b>             |
| <b>Sodium</b> 160mg  | <b>7%</b>             |
| <b>Total Carbohydrate</b> 37g  | <b>13%</b>            |
| Dietary Fiber 4g   | <b>14%</b>            |
| Total Sugars 12g   |                       |
| Includes 10g Added Sugars  | <b>20%</b>            |
| <b>Protein</b> 3g  |                       |
| Vitamin D 2mcg   | 10%                   |
| Calcium 260mg  | 20%                   |
| Iron 8mg   | 45%                   |
| Potassium 235mg  | 6%                    |
| <small>* 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.</small> |                       |

# NUTRIENTS TO INCREASE

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 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.

# INGREDIENT LIST

## Plain Yogurt

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

## Fruit Yogurt

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN.



# NUTRIENT CLAIMS

## ■ Calorie terms:

- Low-calorie — 40 calories or less per serving
- Reduced-calorie — at least 25% fewer calories per serving when compared with a similar food
- Light or lite — 1/3 fewer calories

## ■ Sugar terms:

- Sugar-free — less than ½ gram sugar per serving
- Reduced sugar — at least 25% less sugar per serving when compared with a similar food

## ■ Fat terms:

- Fat-free — less than ½ gram fat per serving
- Low-fat — 3 grams or less per serving

