

READING FOOD LABELS

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 280

Calories from Fat 120

Read the Food Label To Choose Foods Lower in Fat, Saturated Fat and Cholesterol!



Food labels tell you what you need to know about choosing foods that are lower in saturated fat, total fat, and cholesterol. Here's a food label for a carton of whole milk. The label tells you:

Amount Per Serving

The nutrient amounts are for one serving. So, if you eat more or less than one serving, you need to add or subtract nutrient amounts. For example, if you drink 2 cups of whole milk, you are eating two servings. So you need to double the amount of total fat, saturated fat, and cholesterol.

Nutrients

Here are the amounts of total fat, saturated fat, and cholesterol in one serving. These amounts are given in grams (g) or milligrams (mg).

Whole Milk

Nutrition Facts

Serving Size 8 fl oz (240ml)

Servings Per Container 4

Amount Per Serving

Calories 150

Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Cholesterol 35mg 12%

Sodium 125mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 8g

Vitamin A 6%

Vitamin C 4%

Calcium 30% • Iron 4% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Serving size and number of servings

The serving size is 8 fl. oz. (1 cup). There are four servings in the carton.

Percent Daily Value

The Percent Daily Value helps you compare products and quickly tells you if the food is high or low in these nutrients. Choose products with the lowest Percent Daily Value for total fat, saturated fat, and cholesterol.

The Choice is Yours— Compare!

Which one would you choose?

Except for fat and saturated fat, fat free milk has all the nutrients of whole milk including the calcium. That makes fat free milk a better choice! Read food labels and choose products to keep your heart strong.

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Cholesterol 35mg 12%

Sodium 125mg 5%

Whole Milk

One cup of whole milk has 25 percent or 1/4 of the Daily Value of saturated fat you should limit yourself to in 1 day. That's a lot.

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 5mg 1%

Sodium 135mg 6%

Fat Free (Skim) Milk

One cup of fat free milk has 0 percent of the Daily Value of saturated fat.