

How To Read the New Food Label

Adapted from the American Heart Association

Serving Size

A single serving size (1 cup, 1/2 cup, 1 package, etc.) corresponds with the nutritional information provided on the label. If you eat the serving size stated, you are consuming what the nutrition facts label states for a single serving.

Servings Per Container

States how many servings there are per box, package, container, etc.
* Note: There may be more than 1 serving per container.

Total Fat

Limit or caution. This may contribute to heart disease or cancer.

Nutrition Facts

Serving Size 1 cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value *

Total Fat 3g 5 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 300mg 13 %

Total Carbohydrate 13g 4 %

Dietary Fiber 3g 12 %

Sugars 3g

Protein 3g

Vitamin A 80 %

Vitamin C 60 %

Calcium 4 %

Iron 4 %

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

Highlighted numbers show how many calories and nutrients you would intake if you were to eat the entire container.

Amount Per Serving

Calories 360 Calories from Fat 120

Total Fat 12g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1200mg

Total Carbohydrate 52g

Dietary Fiber 12g

Sugars 12g

Protein 12g

90 calories in one serving multiplied by 4 (the amount of servings per container):

$$90 \times 4 = 360$$

Total Carbohydrates

This includes dietary fiber and sugar. Carbohydrates are in foods such as rice, pasta, bread, cereal, potatoes, fruits and vegetables.

How To Read the New Food Label

Adapted from the American Heart Association

Calories

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight.

Get Enough of Vitamins, Minerals, and Fiber

Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of health problems such as osteoporosis (calcium) and anemia (iron).

This material was produced by University of Hawaii's Cooperative Extension Service's (UH-CES) Nutrition Education for Wellness Program (NEW) and its Supplemental Nutrition Assistance Program - Education (NEW-SNAP-Ed) with funds from United States Department of Agriculture's Supplemental Nutrition Assistance Program

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size 1 cup (114g) | | | |
| Servings Per Container 4 | | | |
| Amount Per Serving | | | |
| Calories 90 | | Calories from Fat 30 | |
| | | % Daily Value * | |
| Total Fat | 3g | | 5 % |
| Saturated Fat | 0g | | 0 % |
| Trans Fat | 0g | | 0 % |
| Cholesterol | 0mg | | 0 % |
| Sodium | 300mg | | 13 % |
| Total Carbohydrate | 13g | | 4 % |
| Dietary Fiber | 3g | | 12 % |
| Sugars | 3g | | |
| Protein | 3g | | |
| Vitamin A | | | 80 % |
| Vitamin C | | | 60 % |
| Calcium | | | 4 % |
| Iron | | | 4 % |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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 |

Serving Size

A single serving (1 cup, 1/2 cup, 1 package, etc.) corresponds with the nutritional information that is provided on the label. If you eat the serving size stated, you are consuming what the nutrition facts label states for a single serving.

Daily Value

5% or less is low: try to aim low in total fat, saturated fat, trans fat, cholesterol, and sodium.
20% or more is high: try to aim high in vitamins, minerals and fiber.



For NEW-FSNE nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124