GRAB AND GO Lesson

Understanding the Parts of the Nutrition Facts Label

Nutrition and Meal Management

Purpose: This handout provides an overview of the components of the Nutrition Facts label.

The Nutrition Facts label was developed by the U.S. Food and Drug Administration (FDA) as a tool that helps shoppers to choose desirable food items for good nutrition. The Nutrition Facts label is usually located on the side or the back of a food package. It provides a structured summary of the calories and nutrients of a specific product. Here is a overview of the six major sections of the Nutrition Facts label.



1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

3. Nutrients

You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit

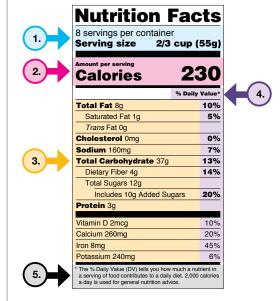
- Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron and Potassium.
 The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
- Nutrients to get less of: Saturated fat, Sodium, and Added Sugars. The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.

4. Percent Daily Value

This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: 5%DV or less is low and 20%DV or more is high.

5. Footnote

The footnote explains that 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.



(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

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Knowing how to read a Nutrition Facts label and how to use it to purchase items for good nutrition is an important part of choosing the right serving sizes, estimate calories, and %DVs. Refer to this website www.fda.gov/Food/LabelingNutrition/ucm20026097.htm for additional information on Nutrition Facts labels.



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References

U.S. Food and Drug Administration. (2020, August 26). *Nutrition education resources & materials resources on the importance of good nutrition*. https://www.fda.gov/Food/LabelingNutrition/ucm20026097.htm
U.S. Food and Drug Administration. (2019, November 6). *Nutrition facts labels for download*. https://www.fda.gov/food/food-labeling-nutrition/nutrition-facts-label-images-download

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