

# Use the Food Labels to Compare Products!

## Serving Size

Similar food products have similar serving sizes. This makes it easier to compare foods. Serving sizes are based on amounts people actually eat.

## Nutrition information

Select those nutrients that are of concern to you when comparing products. Limit sodium to 2400 mg/day and cholesterol to less than 300 mg/day. Try to eat 25-30 grams of dietary fiber a day.

## Vitamins and Minerals

Only two vitamins, A and C, and two minerals, calcium and iron, are required on the food label.

## Nutrition Facts

Serving Size 1 cup (228g)

Serving Per Container 2

### Amount Per Serving

**Calories** 90    Calories from Fat 30

**% Daily Value\***

**Total Fat** 5%

Saturated Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 300mg 13%

**Total Carbohydrate** 13g 4%

Dietary Fiber 3g 12%

Sugar 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## % Daily Values

% Daily Values show how a food fits into a 2,000 calorie reference diet.

You can use % Daily Values to compare foods.

## Daily Values Footnote

Daily Values are reference numbers. Some labels list the daily values for a daily diet of 2,000 and 2,500 calories. Your own nutrient needs may be less than or more than the Daily Values on the label, depending on the amount of calories you eat in the day.

# **Have you read a label lately?**

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**If you do not read food labels when you go grocery shopping, you are missing information that could help you manage your diet.**

**Labels can help you compare similar products based on key nutrients. When comparing products, focus on those nutrients that are important to you. Let's take a closer look at the "Nutrition Facts" label.**

**"Read A Label" poster, Family Nutrition Program, 1999**

# Weight



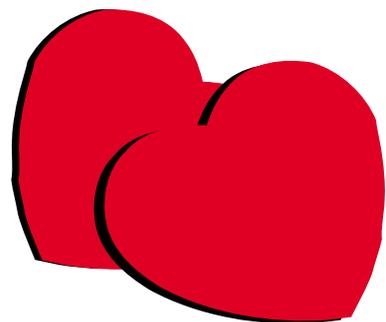
# Management

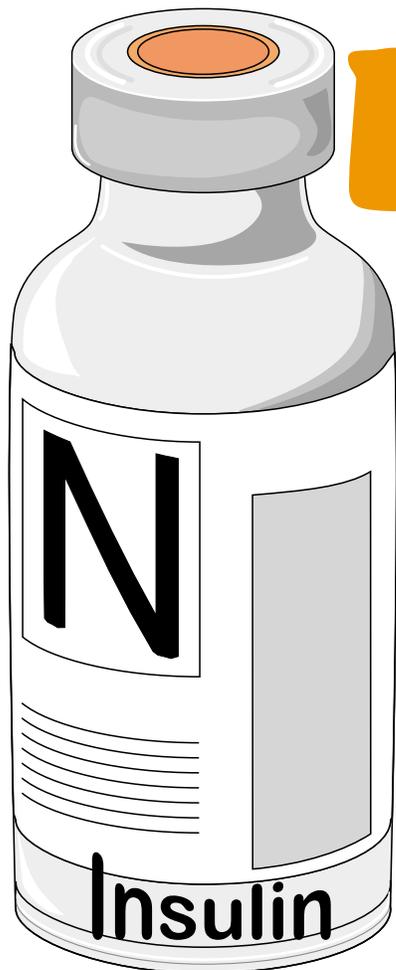
**If you are concerned about weight management, you could use nutrition labels to compare products based on the calories and fat grams. Foods that are low in fat can still be high in calories.**

# Heart Disease

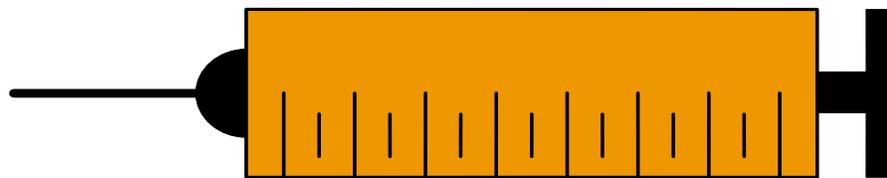


**People with high blood pressure or heart conditions may have to focus on the amount of sodium, fat grams, and cholesterol in a product. Choose foods that have less than 20% of the daily value for sodium, fat and cholesterol.**





# Diabetes



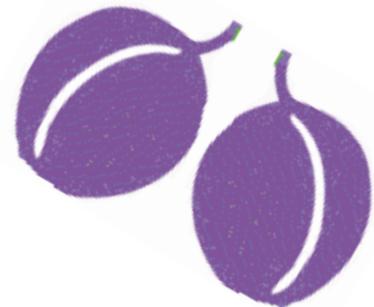
For people living with diabetes, counting carbohydrates is very important.

The nutrition label gives you the amount of carbohydrates and dietary fiber present in that food. This information will help you follow your doctor's or diabetes educator's recommendations.

# Constipation



**Problems with constipation or infrequent bowel movements? Work on consuming 25-30 grams of dietary fiber and enough fluids a day. Looking at the nutrition label, high sources of fiber have 20% of the daily value. A good source has from 10-19% of the daily value.**



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