

THE FOOD LABEL

Certain information is required on food labels.

This information includes:

- Product description
- Net weight or contents
- Name and address of manufacturer or distributor
- List of ingredients with common allergens highlighted
- Nutrition Facts label

Optional information includes:

- Dating, which can include pack date, pull or sell-by date, freshness date, expiration date
- Code date (required on canned foods)
- Descriptive terms
- Health claims

Since mid-1994 most food products carry nutrition labels. Each person's use of the nutrition label may be different depending on the individual's specific needs. You can use nutrition labels to:

- Select foods to nutritionally balance diet;
- Select foods for restricted or modified diet;
- Select foods for a healthy diet;
- Compare two similar foods;
- Compare cost per serving of similar foods;
- Find less costly nutritional substitutes for more expensive foods.

The various parts of the Nutrition Facts label are identified on the following page.

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Serving Sizes→

Given in common and metric measures. Based on amount commonly eaten and are standard for similar products.

Nutrients→

Based on amount per serving. Nutrient list includes those important for good health.

% Daily Value→

Vitamin A, vitamin C, calcium, and iron required on label. Other vitamins and mineral can be voluntarily listed.

Some labels→

list the approximate number of calories per gram.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260 Calories from Fat 120			
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		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

←Title

←% Daily Values

Label reference numbers are set by government and are based on current recommendations based for a 2,000-calorie diet.

←Some labels

list daily values for 2,000 and 2,500 calorie diets. Foods containing only a few of the nutrients required on the label or small and medium-sized packages do not need to list this information.