



Photo by Oleg Magni from Pexels

Nutrition Facts	
5 servings per container	
Serving size 1 bar (40g)	
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol less than 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 5g Added Sugars	11%
Protein 10g	17%
Vit. D 0mcg 0% • Calcium 30mg 2%	
Iron 1.3mg 6% • Potas. 130mg 2%	

EAT WELL, CARE WELL.

HOW TO READ THE NEW FOOD LABEL

1. The servings per container and serving size either have increased font or is bolded. The serving size now reflects what most people eat and drink today. The size of package requirements has changed as well. For example, if an item is one or two servings, then it is not allowed to be considered single serving.
2. The calories are now larger and bolded.
3. Research showed that the type of fat is more important than the calories from fat. Therefore, that part of the label has been removed.
4. The added sugars in grams and as a percent Daily Value (%DV) is now required. Added sugars are considered any sugar added to the food during processing that was not originally part of the food.
5. Vitamin D and potassium are now required on the label because the average American does not consume the recommended amount. Vitamin A and C are no longer required on the label because deficiencies are rare. The display of certain nutrients have changed for %DV and/or actual amount (mg).

WEEKLY CHALLENGES

READ 3 FOOD LABELS OF YOUR FAVORITE FOODS

PAY ATTENTION TO “ADDED SUGARS” AND CHOOSE ITEMS WITH LOWER AMOUNTS

LOOK FOR ITEMS WITH 5 OR MORE GRAMS OF FIBER PER SERVING

Learn more at

<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

Check the serving size when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

Consider the calories. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at

<https://www.fda.gov/media/112972/download>

Use Percent Daily Value (%DV) as a guide. The % DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Nutrients to **get less of include** saturated fat, trans fat, sodium, and added sugars.

Nutrients to **get more of include** dietary fiber, vitamin D, calcium, iron, and potassium.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

*Find the food that is right for you by comparing different items using the **Nutrition Facts label**. Choose items higher in vitamins, minerals, and fiber and lower in saturated fat, sodium, and added sugar.*

Source: <https://www.fda.gov/media/131162/download>