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**READ THE LABEL**



**How The New Food Label  
Can Help You Plan A Healthy Diet**

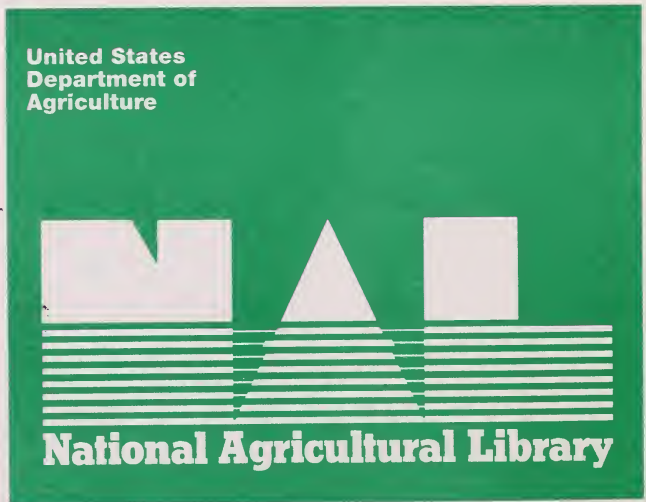


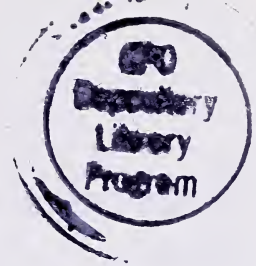
## **Seven Steps to Eat Right**

What's the right way to eat? Health experts say to:

1. Eat a variety of foods.
2. Keep a healthy weight.
3. Eat a diet low in fat, saturated fat and cholesterol.
4. Eat plenty of vegetables, fruits and grain products.
5. Use sugars only in moderation.
6. Use salt and sodium only in moderation.
7. If you drink alcoholic beverages, do so in moderation.

The new food label can help you eat right.





## The New Food Label and You

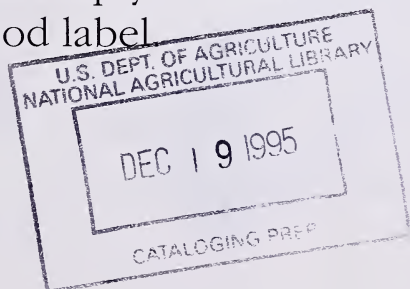
Have you seen the new food label?

The government has called for changes in food labels. Now, it will be easier for you to find out what is in the foods you eat.

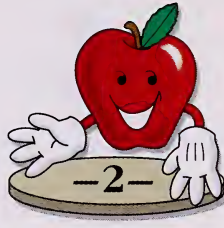
If you want to know:

- which food has less fat or fewer calories,
- how to pick more healthful snacks, or
- how to buy foods for special diets,

the new food label can help. And this booklet can help you learn to use the new food label.



## Front Label Facts



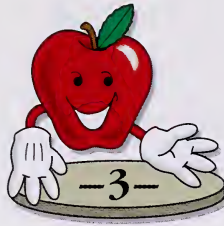
Look at the front of the package. Here, you may find words like “low fat” and “light.” Before, these words did not have to mean the same thing for all foods. Now they do. For instance, the word “light” on a label tells you the food has fewer calories or less fat than the regular version of the food. If you’re trying to lose weight, look for terms like “light” and “low calorie.” They can help you find foods with fewer calories. You can trust these words. They have to follow government rules.

### Some Words You May See On Food Packages

low fat  
high fiber  
lean  
sodium free  
low calorie  
light



## More Front Label Facts



Look at the front again. You may find words that tell you how some foods may help you avoid some diseases. The words may say that a diet low in fat may reduce the chances of getting cancer. Or they may tell you that calcium helps reduce the chances of getting bone disease.

You can learn more about these and other claims. See Page 9 for telephone numbers to call.



## The New Nutrition Label



Look at the side or back. Here, you will find

**“Nutrition Facts.”**

When you see **“Nutrition Facts,”** you will know it is the new label.

Look at the serving size. It will be the same for similar foods. For example, a serving of pretzels is about the same size as a serving of potato chips. And serving sizes will be closer to the amounts people really eat.

The amount of calories and nutrients listed on the package is based on the serving size. So, if you eat twice that amount, you will get **twice** the calories and nutrients.

### Nutrition Facts

Serving Size 1/2 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%**

**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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





# Nutrients for Good Health



## Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

### Amount Per Serving

**Calories** 250    Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g                      **18%**

    Saturated Fat 3g                      **15%**

**Cholesterol** 30mg                      **10%**

**Sodium** 470mg                      **20%**

**Total Carbohydrate** 31g              **10%**

    Dietary Fiber 0g                      **0%**

    Sugars 5g

**Protein** 5g

Vitamin A 4%              •              Vitamin C 2%

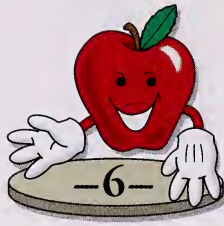
Calcium 20%              •              Iron 4%

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



Look at the list of nutrients. The new food label shows the nutrients that are most important for your health.

# Finding the Right Foods for You



Look at this part called “% Daily Value.” Look to see whether the nutrients you would like more of, such as fiber, have high numbers. Look to see whether the nutrients you’d like to limit, such as fat and sodium, have low numbers.

Let’s use an example: Let’s say you are on a low-fat diet. You want to buy frozen mixed vegetables in sauce. You pick two different boxes. The % Daily Value for total fat on one of the boxes says 5%. The other box says 15%. Which should you choose? The one with 5% because 5 is a lower number than 15.

## Nutrition Facts

Serving Size ½ cup (114g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 90      Calories from Fat 30

		% Daily Value*
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	300mg	<b>13%</b>
<b>Total Carbohydrate</b>	13g	<b>4%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	3g	
<b>Protein</b>	3g	
Vitamin A	80%	• Vitamin C 60%
Calcium	4%	• Iron 4%

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

# The Ingredient List



Look at the ingredients. They are listed in order of how much is present. That is, the first ingredient is the one present in the largest amount.

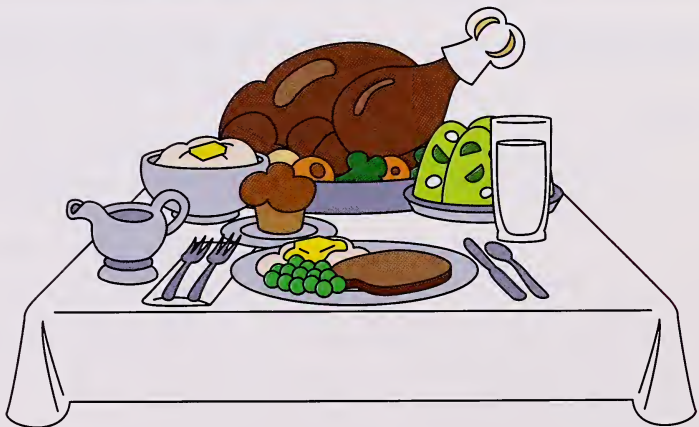
Are you allergic to some food ingredients? Now, it will be easier for you to know which foods you should not eat.

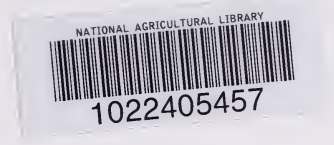
**INGREDIENTS:** CORN, WATER, SUGAR, SALT.



## Eating Right with the New Food Label

Look at the label. It's easy to read. Use it to help you set a healthy table.





Do you have questions about the new food label? The FDA may have an office in your community or in a nearby city. Look for their number in the blue pages of the telephone book.



Or, call (toll-free) USDA at 1-800-535-4555 (weekdays, 10 a.m. to 4 p.m. Eastern time) or FDA at 1-800-FDA-4010 (24 hours).



DEPARTMENT OF  
HEALTH AND HUMAN SERVICES  
Public Health Service  
Food and Drug Administration

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Food Safety and Inspection Service

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