

Reading Nutrition Labels

Eating a healthy plate reduces the need for reading labels. If you fill your plate with healthy choices, you should get the right amount of carbs and fiber that your body needs. Here are things you may still want to pay attention to when you shop.

Original Label

Nutrition Facts	
Serving Size 1 slice (41g) Servings Per Container 23	
Amount Per Serving	
Calories 109	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 156mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A	0%
Vitamin C	2%
Calcium	4%
Iron	5%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Look for:

Serving size: All information is for 1 serving

Total Fat: 3g or less per 100 calories

Saturated Fat: 1g or less per 100 calories

Sodium: 140mg per serving (2,300mg or less per day)

Added Sugars: 10g or less per meal (25g or less per day)

New Label

Nutrition Facts	
23 servings per container	
Serving size 1 slice (41g)	
Amount per serving	
Calories 109	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 156mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.9mg	5%
Potassium 69mg	2%
* 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.	

Note: The Food and Drug Administration (FDA) is making changes to the label. This will make it easier to identify what's in your food.

Ingredients List

Use these lists to help guide you toward healthier choices.

Look for these words:

- Brown rice
- Malted [grain]
- Oats, oatmeal, oat bran
- Sprouted [grain]
- Stoneground whole [grain]
- Wheat germ and bran
- Wheatberries
- Whole grain [quinoa, rye, millet, barley, farro, teff]
- Whole wheat

Limit or avoid foods with these words:

- Added sugar:
 - Agave
 - Corn syrup
 - Dehydrated cane juice
 - Dextrose
 - Fructose
 - Fruit juice concentrate
 - High-fructose corn syrup
 - Honey
 - Lactose
 - Levulose
 - Maltose
 - Maple syrup
 - Molasses
 - Sucrose
 - Things listed as “sugars” (e.g., brown sugar, turbinado sugar)
- Degerminated
- Enriched flour
- Hydrogenated [oil]
- Partially hydrogenated [oil]
- Wheat flour
- White flour

Quick tips for finding healthy choices:

- Foods without a label (fresh foods)
- Healthiest ingredients are listed first (for example, if a starch, look for a whole grain to be listed first)
- Ingredients you can read and understand
- Fewer total ingredients