



Wellness Buddy Wednesday Tip

Know *What* and How *Much* You're Eating!

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

1. The place to begin when reading the Nutrition Facts panel is the serving size and the number of servings contained in the package. If you read incorrectly you may add unwanted calories to your diet. Serving sizes are listed for familiar units such as cups or pieces, followed by the metric amount.

Amount Per Serving

Calories 250 Calories from Fat 110

2. "Calories" and "Calories from Fat" are also important. Both terms are for each serving. Frequently, people incorrectly read the "Total Fat" percentage in #4 as the percentage of total calories per serving coming from fat. This is NOT the case.

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
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%

3. The nutrients listed here are the ones that Americans typically eat in sufficient amounts or too much. Eating too much fat, cholesterol, or sodium may increase your risk for certain diseases like heart disease, high blood pressure, or certain cancers.

4. The percentages on this part of the panel tell you how much of each nutrient in a *single serving* contribute to your *total daily diet* based on the recommended intake of nutrients.

* 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

Panel 4 includes certain items that are mandatory and other items that are voluntary. Some of the terms included on the panel may be unfamiliar. References are made to Daily Values (DV) and comprise two sets of dietary guidelines: Reference Daily Intakes (RDIs) and Daily Reference Values (DRVs). To help make the label less confusing only the term Daily Value is used.

%DVs are based on recommendations for a 2,000 calorie daily diet. The FDA set 2,000 calories as the reference amount for calculating %DVs on food labels. The %DV shows you the percent of the recommended daily amount of a nutrient contained in a single serving of food.

As a general guideline, 5%DV or less is low and 20%DV or more is high. This means that 5%DV or less is low for all nutrients, those that you want to limit (e.g., total fat, saturated fat, sodium, and cholesterol) and those that you want in greater amounts (e.g., fiber, calcium, other vitamins and minerals, etc.).

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5. The typical American diet lacks sufficient dietary fiber, vitamin A, vitamin C, calcium, and iron. Thus, you should make sure you get enough of the nutrients listed here. These nutrients can improve health and help reduce the risk of certain diseases.

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

The ingredients list of the food is required on the food label. Food components are listed in order by weight from the most to the least.

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Providing guidance and support to make the "healthy choice the easy choice!"

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