

# How to Read a Food Label

## Nutrition Facts

Serving Size 1 cup (252g)

Serving Per Container 2 **EXAMPLE FOOD LABEL**

### Amount Per Serving

**Calories** 270 Calories from Fat 25

**% Daily Values\***

**Total Fat** 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrate** 30g **14%**

Dietary Fiber 6g **24%**

Sugars 0g

**Protein** 9g **18%**

\*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 | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375g   |
| Dietary Fiber      |           | 25g    | 30g    |

**FAT:** <20% # of calories per serving

*TIP: Divide # of calories from fat by # of calories per serving*

**TRANS FAT:** NO trans fat (avoid margarine, shortening and partially hydrogenated oils in the ingredient list)

**CHOLESTEROL:** ZERO

**SODIUM:** < # of calories per serving (i.e. 1:1 ratio or less)

## NUTRITION CHEAT SHEET

**FAT** < 20% # OF CALORIES PER SERVING

**NO TRANS FAT**



**ZERO CHOLESTEROL**

**SODIUM** < # OF CALORIES PER SERVING

**CARBOHYDRATES: LOOK FOR WHOLE GRAINS**

**LIMIT ADDED SUGAR**

**2 - 3**

**GRAMS OF FIBER PER SERVING**

**NO ADDED OIL**

TURN OVER TO LEARN MORE ABOUT UNDERSTANDING INGREDIENTS →

# Understanding the Ingredients



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Adapted from: *Should I Eat That: How To Choose The Healthiest Foods* by Jeff Novick, MS, RDN

**CARBOHYDRATES:** NO refined carbohydrates — signified by words *enriched* or *white* (e.g. enriched wheat flour, enriched bleached flour, all-purpose flour). Look for whole grains in the ingredient list — signified by words *whole*, *rolled*, *stone ground*, *sprouted* or *cracked* (e.g. whole grain flour, rolled oats, ground-on-stone whole-wheat flour, wheat berries, bulgur, cracked wheat).



**SUGARS:** LIMIT any added sugars among the first 3 to 5 ingredients (e.g. high fructose corn syrup, fructose, sucrose, evaporated cane juice, honey, molasses, agave, maple syrup).



**OIL:** NO added oil, especially coconut and palm oils, any animal saturated fats (e.g. butter, cheese, lard), or partially hydrogenated fats (e.g. margarine, shortening).



**GENERAL TIPS:** The most healthful foods are the fresh and frozen produce. Fill your plate with plenty of vegetables, starchy vegetables, fruits, legumes — e.g. peas, beans, lentils, and intact whole grains — e.g. brown rice, maize (corn), oat, wheat, barley. Avoid highly processed foods. Give preference to minimally processed foods that follow these guidelines.

