



# COLONIAL NUTRITION NEWSLETTER

*Know your Food Labels...*

## Understanding Food Labels

Food labels will show you what is in the food you are eating to help you stay healthy!! By using the Nutrition Facts label you will not only help *limit* specific nutrients you want to cut back on, but *increase* those nutrients you need to eat more of! Nutrients are substances found in food, needed for good health and are classified into six groups: carbohydrates, fats, proteins, vitamins, minerals, and water.

### Serving Sizes

This is the starting point when looking at a label. It allows you to compare what you eat with the serving size on the product. If you eat 2 servings of this product remember to double all numbers on the label.

### Calories

This tells you how much energy is in one serving. Watching your amount of calories per day will help you manage your weight (gain, lose, or maintain). The number of servings determines the number of calories you eat. Foods that have more than 400 calories is high.

### Carbohydrates

Main source of energy. Limit grams of sugars.

### Protein

Body needs protein to build and repair organs and is essential for growth and development in children and adolescents.

### Nutrition Facts

Serving Size 1 serving (140g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 10%	Vitamin C 20%
Calcium 4%	Iron 10%
* 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
Saturated 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

### % Daily Values (%DV)

This gives an idea of how one serving of a product contributes to a 2000-calorie diet and to see if a food has a little or a lot of a nutrient. Less than or equal to 5% DV is low and 20% or more is high for all nutrients.

### Total Fat

Needed for growth and development. Different kinds of fat, such as saturated, unsaturated, and trans fat are listed. Snack foods should have no more than 8 grams total fat in one serving.

### Cholesterol and Sodium

Generally eaten too much and should be limited to less than 5% Daily Value.

### Dietary Fiber, Vitamin A & C, Calcium, Iron

Get enough of these nutrients! Look for greater than 20% DV to consume high amounts.

You don't have to give up your favorite foods to eat a healthy diet ☺ Nutrition Facts can help you balance high fat and calorie foods with low fat and calorie foods at other times of the day ☺