



## READING BETWEEN THE LINES

Adapted from [www.fda.gov](http://www.fda.gov)

How do you know what to look for on the nutrition facts label? Here are the main points to look at when you're reading a label:

**1. Serving size:** number of servings in the package and how large each serving is. Caution! Most food packages contain more than one serving; even a bottled soda or small bag of chips.

**2. Calories:** how many calories are in one serving of the food.

**Caution!** If you eat two servings of the food, then you are eating double the calories and getting twice the amount of nutrients, both good and bad.

**3. Percent (%) Daily Value:** how each nutrient contributes to your daily diet.

**Tip:** If you ate something for lunch that had a high percent of sodium, then try to choose foods for dinner that have a lower percent of sodium. Balance is the key!

**4. What to Eat in Moderation:** Eating too much total fat, especially trans-fat and saturated fat, cholesterol, or sodium can increase your risk for heart disease, some cancers, or high blood pressure.

**Tip:** Try to choose foods with 5% or less of these nutrients.

**5. What to Get Enough Of:** These are some of the nutrients that it is important for you to get enough of to stay healthy.

**Tip:** Try to choose foods with 10% or more of these nutrients.

Nutrition Facts	
Serving Size	5 Crackers (16g)
Servings Per Container	About 28
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 40</b>
	% Daily Value*
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber less than 1g	1%
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*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





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## COMPARISON EXAMPLE

Below are two kinds of milk- one is "Reduced Fat," the other is "Nonfat" milk. Each serving size is one cup. Which has more calories and more saturated fat? Which one has more calcium?

### REDUCED FAT MILK - 2% Milkfat

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g 0%	
Sugars 11g	
<b>Protein</b> 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### NONFAT MILK

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	0%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g 0%	
Sugars 11g	
<b>Protein</b> 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Answer:** As you can see, they both have the same amount of calcium, but the nonfat milk has no saturated fat and has 40 calories less per serving than the reduced fat milk.

