Health & Nutrition Tips

HOW TO READ A FOOD LABEL

The serving size tells you how much of this food you should eat, and all of the information below is based on that amount of food.

Calories are a measure of energy from the food per serving. Fat, carbohydrates and protein are 3 sources of calories.

Saturated fat, cholesterol and sodium are called the 3 “heart stoppers.” Limit how much of these you eat.

These nutrients are important, especially fiber. The average female needs 25 grams per day, and the average male needs 38 grams per day.

Daily Value tells you whether the nutrients in one serving contribute a little or a lot to your daily diet, based on 2,000 calories per day. For example, 18% for total fat means that 1 serving gives you 18% of the total fat you should eat in a day.

This section provides information about the daily values for important nutrients. These are maximum amounts for people who eat 2,000 or 2,500 calories each day.

INGREDIENT LIST
Ingredients are listed in order from biggest to smallest by weight. Beware of foods that start with sugar (or corn syrup), fats, oils and salt. Look for foods that have a short ingredient list with natural-sounding ingredients. This information is also helpful to individuals with food sensitivities or allergies.

MORE INFORMATION AND RESOURCES
feedingsandiego.org | eatfresh.org