

## Lesson 3: Scale Down by Reading Labels

### Objectives

- Understand how to read a nutrition label.
- Identify how the nutrition label can be used to manage weight.
- Identify food claims.

**Sources:** American Heart Association; FDA.gov

[http://www.fda.gov/downloads/Food/GuidanceRegulation/  
GuidanceDocumentsRegulatoryInformation/LabelingNutrition/  
UCM502019.pdf](http://www.fda.gov/downloads/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/UCM502019.pdf)

**Handout 3-1**

**Label Lingo**

Understanding the language of food labels can help you make more healthy food choices. Labels can be misleading by using enticing words to describe the product as healthy, tempting consumers to buy the product. Be a label-reading expert to prevent this from happening to you.

Test your knowledge! Answer these 10 easy matching questions to see what you know! Write the number of the item from the left side of the page in the blank next to the description that matches it.

1. Fresh                    \_\_\_\_\_ Food is heated to a high temperature to destroy bacteria and enzymes that cause spoilage.
2. Natural                \_\_\_\_\_ Less than 5 calories per serving.
3. Pasteurized          \_\_\_\_\_ Food in its raw state. Cannot be used on frozen, heated, or foods containing preservatives.
4. Calorie Free         \_\_\_\_\_ Minimally processed, contains no artificial ingredients or added color.
5. Extra Lean            \_\_\_\_\_ Food contains at least 25% less sodium compared to the traditional food.
6. High Fiber            \_\_\_\_\_ Usually seen on meat labels, has less than 5 grams of fat, 2 grams saturated fat, and 95 milligrams of cholesterol per 3 ounce serving.
7. Good Source         \_\_\_\_\_ Contains 5 or more grams of dietary fiber per serving.
8. Healthy                \_\_\_\_\_ Contains an amount that is 10-19% of the Daily Value for a nutrient.
9. Reduced Sodium    \_\_\_\_\_ Food contains a third less calories or 50% less fat than the regular version.
10. Light                 \_\_\_\_\_ Food low in fat and saturated fat, 60 milligrams or less cholesterol and 480 milligrams or less sodium per serving, and at least 10% of the Daily Value for vitamins A and C, calcium, iron, protein, and fiber.

# The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

## 1. Servings

The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously ½ cup and now is ¾ cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

## 2. Calories

“Calories” is now larger and bolder.

## 3. Fats

“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

## 4. Added Sugars

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific

## Current Label

Nutrition Facts			
Serving Size 2/3 cup (55g) Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230		Calories from Fat 72	
		% Daily Value*	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

## New Label

Nutrition Facts	
<b>1</b>	8 servings per container <b>Serving size 2/3 cup (55g)</b>
<b>2</b>	Amount per serving <b>Calories 230</b>
	% Daily Value*
<b>3</b>	<b>Total Fat</b> 8g <b>10%</b> Saturated Fat 1g <b>5%</b> Trans Fat 0g
	<b>Cholesterol</b> 0mg <b>0%</b> <b>Sodium</b> 160mg <b>7%</b> <b>Total Carbohydrate</b> 37g <b>13%</b> Dietary Fiber 4g <b>14%</b> Total Sugars 12g
<b>4</b>	Includes 10g Added Sugars <b>20%</b>
	<b>Protein</b> 3g
<b>5</b>	Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%
<b>6</b>	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

## 5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount in grams in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

## 6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.



For more information about the new Nutrition Facts label, visit:  
[www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm)

**Start here.** Note the size of a single serving and how many servings are in the package.

**Check total calories per serving.** Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

**Limit these nutrients.** Remember, you need to limit your total fat to no more than 56-78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet). Trans fat can be found in fried foods like French fries and doughnuts, and baked goods including pastries, pie crusts, biscuits, pizza dough, cookies, crackers, and stick margarines and shortenings.

**Get enough of these nutrients.** Make sure you get 100% of the fiber, vitamins, and other nutrients you need every day.

**Quick guide to % DV.** The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol, or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain, or maintain your weight.
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
  - 40 calories per serving is considered low;
  - 100 calories per serving is considered moderate; and
  - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories (or less than two grams of *trans* fat) a day — that's less than 1 percent of your total daily calories (for a 2,000 calorie a day diet).
- When the Nutrition Facts panel says the food contains "0 g" of *trans* fat, it means the food contains less than 0.5 grams of *trans* fat **per serving**.
- When the Nutrition Facts label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

**Source:** American Heart Association

**Handout 3-3**

**Nutrition Claims**

**Adapted from the American Heart Association – Reading Food Nutrition Labels**

<b>Nutrition Claim</b>	<b>What the Product Contains Per Serving</b>
Calorie Free	Less than 5 calories
Sugar free	Less than 0.5 grams of sugar
Fat free	Less than 0.5 grams of fat
Low Fat	3 grams of fat or less
Reduced Fat	At least 25% less fat than the regular
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat, and 95 milligrams of cholesterol
Extra Lean	Less than 5 grams of fat, 2 grams of saturated fat, 95 milligrams of cholesterol
Light (lite)	At least 1/3 fewer calories or no more than half of the fat of the regular product, or no more than half the sodium of the regular product
Low sodium	140 milligrams or less of sodium
Reduced sodium	At least 25% less sodium than the original product
High Fiber	5 grams or more of fiber
Good Source of Fiber	2.5-4.9 grams of fiber

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