

# Guide to Reading Nutrition Labels

Nutrition Facts		
4 servings per container		
<b>Serving size</b>	<b>1 cup (227g)</b>	
<b>Amount per serving</b>	<b>Calories 280</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 9g		<b>12%</b>
→ Saturated Fat 4.5g		<b>23%</b>
Trans Fat 0g		
<b>Cholesterol</b> 35mg		<b>12%</b>
<b>Sodium</b> 850mg		<b>37%</b>
<b>Total Carbohydrate</b> 34g		<b>12%</b>
→ Dietary Fiber 4g		<b>14%</b>
Total Sugars 6g		
→ Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 15g		
Vitamin D 0mcg		<b>0%</b>
Calcium 320mg		<b>25%</b>
Iron 1.6mg		<b>8%</b>
Potassium 510mg		<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

- **Step 1: Assess Serving Size**
  - Compare to actual intake and scale other numbers on label up or down accordingly
- **Step 2: Consider Calories**
  - Assess in context of your overall energy needs which depend on age, sex, size, and activity level
    - 1600–2400 calories per day for women
    - 2000–3000 calories per day for men
  - If eating something primarily for pleasure, consider converting calories into exercise equivalents

$$\text{Calories X } \frac{30 \text{ Minutes Walking}}{100 \text{ Calories}} = \text{Minutes of Walking to Burn Calories}$$

- **Step 3: Study Saturated and Trans Fats**
  - Recommended Limit: 20 gm/day
- **Step 4: Scrutinize Sodium**
  - Recommended Limit
    - General: 2300 mg/day
    - Increased Risk for Cardiovascular Disease: 1500 mg/day
- **Step 5: Analyze Added Sugars**
  - Recommended Limit
    - American Heart Association
      - Men: 36 gm/day (9 teaspoons)
      - Women: 25 gm/day (6 teaspoons)
  - Convert added sugars to teaspoons

$$\frac{\text{Grams Added Sugar}}{4 \text{ gm/teaspoon}} = \text{Teaspoons of Added Sugar}$$

- **Step 6: Factor in Fiber**
  - Target 25-30 gm/day