NUTRITION LABELING

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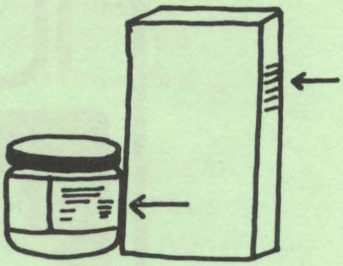
NUTRITION INFORMATION LABELS are designed to help you make good food choices when shopping. Just as unit pricing helps you compare food costs, nutrition labeling helps you compare food's nutritional value.



LOOK FOR NUTRITION INFORMATION ON LABELS

NUTRITION INFORMATION
Serving Size
Servings per Container

Calories –	Carbohydrate –
Protein –	Fat –

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

Protein –	Riboflavin –
Vitamin A –	Niacin –
Vitamin C –	Calcium –
Thiamine –	Iron –

ALL NUTRITION LABELS WILL HAVE THE SAME BASIC INFORMATION. First they tell you a suggested serving size and then how much protein, fat and carbohydrate are in the serving. The calories in that serving are also listed. Next come the percentages of the U.S. Recommended Daily Allowance (USRDA) in a serving. 100% of the USRDA for any nutrient is the amount needed daily by healthy people (over 4 years of age) to maintain good nutritional health. 100% is a goal; many people need less.

NUTRITION LABELING CAN HELP YOU MAKE CHOICES IN THE SUPERMARKET IF:

- You are a calorie watcher and want to compare the calories between alternative foods. For best value, choose foods high in nutrients and low in calories.
- You want to select foods that are good sources of a vitamin (like C) or a mineral (like iron).
- You want to avoid fat. You can select foods that don't have fat listed on the label.
- You want to get good nutritional value. Find out if the food item that you chose contains as many nutrients as a similar product. Then look at the cost. If the product you picked costs more without having more nutrients, you may not be getting the best value.

Compare these drinks. *Which is higher in nutrients?*

Serving Size	**Pineapple orange juice drink** 6 oz.	**Orange-pineapple drink** 6 oz.
Calories	90	90
Protein	0	0
Carbohydrate	23	23
Fat	0	0
Vitamin A	15	0
Vitamin C	100	40
Thaimine	2	0
Riboflavin	2	0
Niacin	0	0
Calcium	0	0
Iron	2	0

Answer: Pineapple Orange juice drink is higher in nutrients.

INGREDIENT LABELING can also help you make better food choices. Ingredients are listed according to the amount present in the food. The first ingredient listed is present in the largest amount.

Check the ingredient lists on your cereal boxes. Is sugar one of the first ingredients? It may be more nutritious and less expensive for you to add some sugar to a non-sugared cereal. Is the first ingredient in the tomato sauce you buy tomatoes or water?

BABY FOOD INGREDIENTS should also be checked. The labels can tell you which foods contain unnecessary added water, starches, sugar, spices and salt.

Compare these two ingredient lists:

STRAINED PEACHES	**PEACH COBBLER**
Ingredients:	*Ingredients:*
Peaches,	Peaches, Water, Sugar,
Sugar,	Modified tapioca starch,
Vitamin C	Wheat flour, Vitamin C,
	Salt, Cinnamon, Citric
	acid

Which one would you rather feed your baby?

Nutrition information and ingredient listings are designed to help you make better food choices.

You only have to read them!

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