

# Healthy Habits

A publication of Maternal & Family Health Services that provides nutrition education and helps people make healthy food choices



## Benefits of the Food Label

The food label was designed to help people choose foods for a healthful diet. By using the food label, we can compare the nutrient content of similar foods, see how foods fit into our overall diets, and understand the relationship between certain nutrients and diseases.

When making nutrition choices, remember these 3 basics:

- Find the serving size.**
  - Remember that one package isn't necessarily one serving!
  - Check out the total number of calories and nutrients per serving.
  - Think about the total number of servings you eat.
- Consider the calories.**
  - When looking at a food's calories, remember: 40 is low, 100 is moderate, 400 is high.
  - Pay attention to the calories you eat throughout the day.
  - The food label is based on a 2,000 calorie diet—but your calorie needs might be different.
  - To find out what your "target" calories per day are, go to My Pyramid Plan: [www.mypyramid.gov](http://www.mypyramid.gov)
- Choose nutrients wisely.**
  - Pick foods that are lower in certain fats, cholesterol and sodium when making daily food choices. 5% Daily Value (DV) is low. 20% DV is high.
  - Nutrients to get less of (trans fat, saturated fat, cholesterol, sodium and sugars)
  - Nutrients to get more of (potassium, fiber, vitamins A & C, iron, Calcium)

Adapted from the US Food and Drug Administration.

<b>Nutrition Facts</b>		Start here
Serving Size 1 cup (228g) Servings Per Container 2		
<b>Amount Per Serving</b>		Check calories
<b>Calories</b> 250	Calories from Fat 110	
<b>% Daily Value*</b>		Quick guide to % DV
<b>Total Fat</b> 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
<b>Cholesterol</b> 30mg	10%	Limit these
<b>Sodium</b> 470mg	20%	
<b>Potassium</b> 700mg	20%	
<b>Total Carbohydrate</b> 31g	10%	Get enough of these
Dietary Fiber 0g	0%	
Sugars 5g		
<b>Protein</b> 5g		
<b>Vitamin A</b>	4%	
<b>Vitamin C</b>	2%	
<b>Calcium</b>	20%	
<b>Iron</b>	4%	Footnote
* Percent Daily Values are based on a diet of other people's secrets. 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

**Maternal and Family Health Services, Inc.**

15 Public Square Suite 600 Wilkes-Barre, PA 18701-1700 • Phone: 1-800-367-6347 • Fax: 570-823-3040 • [www.mfhs.org](http://www.mfhs.org)