

UNDERSTANDING FOOD LABELS (DN-35)

Recommended Daily Allowances: Labels must include RDAs for protein, at least five vitamins, and two minerals (calcium and iron).

Serving size: There are no standard serving sizes. All the information is based on the serving size. In order to compare products make sure the serving sizes are the same.

Ingredients listing: This shows contents of the product in order of amount by weight.

Calories: These come from protein, carbohydrates and fats. It is now believed that more calories should come from carbohydrates and fewer from fats.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Fats: (in grams) 1 gram fat = 9 calories. Five grams of fat is equal to 1 teaspoon of oil, butter, or margarine.

Cholesterol: This listing is required only if the manufacturer makes a cholesterol claim. Some high-cholesterol foods, like meat, eggs, and cheese, often have no labels. And some foods that boast of "no cholesterol" may be high in saturated fat, which can raise the blood cholesterol more than cholesterol from food.

Sodium: (in milligrams) Experts recommend we limit this to 3000 milligrams per day. One teaspoon of salt has 2,300 mg of sodium.

Carbohydrates: (in grams) Some labels give a breakdown by type of carbohydrate: Complex Fiber and Sucrose or Other Sugars. 1 gram carbohydrate = 4 calories and 4 grams sucrose = 1 teaspoon of table sugar.

Fiber: Cereals, vegetables, fruits and nuts contain fiber. Foods with 3 grams or more are good fiber sources.

Protein: (in grams per serving) 1 gram of