## How to Read a Nutrition Facts Label With Focus on Achieving a Healthy Weight

There are many 'lessons' to learn in reading a food label- serving sizes, calories, fat, and nutrients like fiber, calcium and sugars. In weight loss or maintenance the first thing to learn is what is a serving size for a certain food.

## 2% Milk

Nutrition Facts		
Serving Size 1 cup (236 ml)		
Servings Per Container 1		
Amount Per Serving		
Calories 120 Calories From Fat 45		
% Daily Value		
Total Fat 5 g	8%	
Saturated Fat 3 g	15%	
Trans Fat 0 g		
Cholesterol 20 mg	7%	
Sodium 120 mg	5%	
Total Carbohydrate 11 g	4%	
Fiber 0 g	0%	
Sugars 11 g		
Sugars 11 g		
Protein 9 g		
	10%	
Protein 9 g	10% 4%	
Protein 9 g Vitamin A		
Protein 9 g Vitamin A Vitamin C	4%	
Protein 9 g Vitamin A Vitamin C Calcium	4% 30%	
Protein 9 g Vitamin A Vitamin C Calcium Iron	4% 30% 4% 25%	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values	4%   30%   4%   25%   on a 2000   may be higher	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calou	4%   30%   4%   25%   on a 2000   may be higher   rie needs.	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calou Calories: 200	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calou Calories: 200 Total Fat Less Than 65	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500   ig 80 g	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calor Calories: 200 Total Fat Less Than 65 Sat Fat Less Than 200	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500   ig 80 g   g 25 g	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calor Calories: 200 Total Fat Less Than 65 Sat Fat Less Than 200 Cholesterol Less Than 300	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500   g 80 g   g 25 g   0 may 300 mg	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calor Calories: 200 Total Fat Less Than 65 Sat Fat Less Than 200 Cholesterol Less Than 300 Sodium Less Than 240	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500   g 80 g   g 25 g   0 mg 300 mg   0 mg 2400 mg	
Protein 9 g Vitamin A Vitamin C Calcium Iron Vitamin D *Percent Daily Values are based calories diet. Your Daily Values or lower depending on your calor Calories: 200 Total Fat Less Than 65 Sat Fat Less Than 200 Cholesterol Less Than 300 Sodium Less Than 240	4%   30%   4%   25%   on a 2000   may be higher   rie needs.   00 2500   g 80 g   g 25 g   0 mg 300 mg   0 omg 2400 mg   0 g 375 g	

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The 1<sup>st</sup> 'lesson' is to focus on what a serving size is for that food. Controlling portions and choosing foods with less calories per serving is key in achieving a healthy weight.

\*\*For this example, in the same 1 cup serving, skim milk has less calories and a lot less fat than 2% milk. For a healthy weight, skim milk would be the better choice.

## Skim Milk

Nutrition Facts		
Serving Size 1 cup (236 ml)		
Servings Per Container 1		
Amount Per Serving		
Calories 80 Calories From Fat 0		
% Daily Value		
Total Fat 0 g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 20 mg	5%	
Sodium 120 mg	5%	
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Total Carbohydrate 11 g	4%	
Fiber 0 g	0%	
Sugars 11 g		
Protein 9 g		
Vitamin A	10%	
Vitamin C	4%	
Calcium	30%	
Iron	0%	
Vitamin D	25%	
*Percent Daily Values are based on a 2000		
calories diet. Your Daily Values may be higher		
or lower depending on your calorie needs.		
Calories: 2000	2500	
Total Fat Less Than 65 g	80 g	
Sat Fat Less Than 20 g	25 g	
Cholesterol Less Than 300 mg	300 mg	
SodiumLess Than2400 mgTotal Carbohydrate300 g		
Total Carbohydrate 300 g	375 g	
Fiber 25 g	30 g	

- Another "label lesson" is when shopping for cereal, breads or whole grains (like crackers and cereal bars) look at the "Total Carbohydrate" section for:
  - Less than 12 grams of sugar
  - More than 2-3 grams of fiber



