

# RIGHT BITE

YOUR NEWSLETTER  
FOR BETTER EATING

READ BEFORE YOU EAT | FCS339



## WHAT GOOD ARE FOOD LABELS?

Food labels tell us about the contents of a package before we even open it. Brand, name of food, manufacturer details, and packaging date can all be useful when selecting one product over another. However, the Nutrition Facts label may be the most helpful when choosing foods for your everyday diet.

## COMPARING FOODS BY LABEL READING

So how do you make healthy choices when your grocery store offers thousands of packaged foods? Comparing food labels can help you!

In addition to Nutrition Facts (such as calories and nutrients) each label has an ingredient list. When shopping, hold the items side-by-side and ask yourself:

1. Which product is more nutritious?
2. Which product has fewer ingredients?

## % DAILY VALUES OF A FOOD MATTER

Percent Daily Values (% DVs) can help you compare nutrients in similar foods by using the “5–20 guide.”

- 5% DV or less is low
- 20% DV or more is high

The goal is to choose foods that together give you about 100% a day. For nutrients that most of us need to get more of, the goal should be at least 100%. For nutrients that most of us need to eat less of, the goal should be to eat no more than 100%.

Choosing healthier foods and beverages can help reduce the risk of developing some health conditions such as high blood pressure, anemia, cardiovascular disease, and osteoporosis.

Nutrition Facts	
Rice, white, parboiled, dry	
Serving Size 100g/3.5oz	
Amount	% Daily Value
<b>Calories</b> 374	
Calories from Fat 9	
<b>Total Fat</b> 1 g	2%
Saturated Fat 0 g	1%
Trans Fat	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 3 mg	0%
<b>Carbohydrate</b> 80 g	27%
Fiber 2 g	9%
Sugars 0 g	
<b>Protein</b> 8 g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	4%

Nutrition Facts/ Datos de Nutrición	
8 servings per container/8 raciones por envase	
<b>Serving size/Tamaño por ración</b> 2/3 cup/2/3 taza (55g)	
<b>Amount per serving/Cantidad por ración</b>	
<b>Calories/Calorías</b>	<b>230</b>
<small>% Daily Value*/Valor Diario*</small>	
<b>Total Fat/Grasa Total</b> 8g	<b>10%</b>
Saturated Fat/Grasa Saturada 1g	<b>5%</b>
Trans Fat/Grasa Trans 0g	
<b>Cholesterol/Colesterol</b> 0mg	<b>0%</b>
<b>Sodium/Sodio</b> 160mg	<b>7%</b>
<b>Total Carbohydrate/Carbohidrato Total</b> 37g	<b>13%</b>
Dietary Fiber/Fibra Dietética 4g	<b>14%</b>
Total Sugars/Azúcares Totales 12g	
Includes 10g Added Sugars/Incluye 10g azúcares añadidos	<b>20%</b>
<b>Protein/Proteínas</b> 3g	
Vitamin D/Vitamina D 2mcg	10%
Calcium/Calcio 260mg	20%
Iron/Hierro 8mg	45%
Potassium/Potasio 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.</small>	

## DECODING THE NUTRITION FACTS LABEL

Twenty years ago, people tended to eat smaller amounts than they do now. It's important to take notice because some food and drink packages contain more than one serving, so a person may consume the contents of the whole package at one time. The serving size is not a recommendation of how much you should eat.

Use the label to support your personal dietary needs. More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.