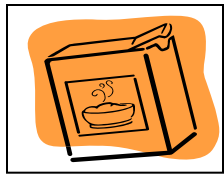
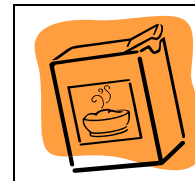


Live Healthy Georgia- Seniors Taking Charge



February 2009 Newsletter



Nutrition Fact Labels and Claims

By Jessica Burge, BS

Have you ever wondered what the numbers in the table of information on your cereal box mean? Or what food companies mean by “low in sodium” on a product? Nutrition Facts labels and nutrient claims are confusing to many consumers, but with a little help, they are easy to figure it out!

When looking at the Nutrition Facts label, first focus on the serving size. This is printed at the top of the label and tells you how much is considered one serving. Next, check the number of calories in the product; 40 calories or less per serving is considered low, 100 moderate, and 400 or more high.

You will notice that nutrients like fat, sodium, carbohydrates, etc. have been given numbers and percentages. The nutrients that you want to limit are fat, cholesterol, and sodium. On the other hand, dietary fiber, vitamin A, vitamin C, iron, and calcium are all nutrients that you want to reach

your recommended amount for each day.

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 9g	17%
<hr/>	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher</small>	

U.S. Food and Drug Administration. (2008) How to understand and use the nutrition facts label h. Retrieved on July 3, 2008 from FDA website. <http://www.cfsan.fda.gov/~dms/foodlab.html>

The percentages listed next to nutrients are called Daily Values (DV). These values are based on a

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2,000-calorie diet and help you determine if a product is high or low in a nutrient. The Daily Values tell you what percentage a given nutrient contributes to your daily need for that nutrient. So, if you are looking for a healthy breakfast cereal, choose one has higher Daily Value percentages for fiber and vitamins and minerals, such as vitamin B12, and lower percentages for fat. As a rule, a Daily Value of 5% or lower is considered low in a nutrient, while a Daily Value of 20% and above is considered high. Remember that a high Daily Value for nutrients like fiber, vitamin A, vitamin C, iron and calcium is beneficial. However, a low Daily Value for nutrients that you want to limit, such as fat, cholesterol, and sodium, is good.

The Food and Drug Administration has set strict guidelines for the nutrition claims that food companies can print on their products. Below are some of the most commonly used terms deciphered.

Salt/Sodium Claims

“Salt/Sodium Free”: The product contains less than 5 mg of sodium per serving.

“Low sodium”: The product contains less than 140 mg of sodium per serving.

Cholesterol Claims

“Cholesterol Free”: The product contains less than 2 mg of cholesterol per serving.

“Low Cholesterol”: The product contains less than 20 mg of cholesterol per serving.

Nutrient Claims

The statement that a product provides a “Good Source of”, “Contains”, or “Provides” for a given nutrient means that the product contains 10% to 19% of the Daily Value for that nutrient.

The statement that a product provides an “Excellent Source of”, “High In”, or “Rich In” a particular nutrient means the product contains at least 20% of the Daily Value for that nutrient.

For more information see: How to understand and use the nutrition facts label at:
<http://www.cfsan.fda.gov/~dms/foodlab.html> or
<http://www.livewellagewell.info>

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