



EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Shop Smart— Get the Facts on the New Food Labels

You may have already noticed some differences in the way the Nutrition Facts panel looks. The new and improved Nutrition Facts label will help you make better decisions about the foods and beverages you eat and drink. Become a smart shopper by reading food labels and start making healthier choices today.

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find out which one is lower in calories.
- Look for foods that are lower in saturated fat, *trans* fat, sodium, and added sugars.

Start with the Servings Per Container and Serving Size

- Look here for both the number of servings in the package and the serving size (the amount for one serving).
- Serving sizes on the new label reflect the portions most people are eating, not what they should be eating.
- Remember to compare the portion you take to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.
- For packages that contain more than one serving but could reasonably be eaten in one sitting, a second column will be listed to show the nutrition information for the whole package.

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food or beverage fits into your daily eating plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.
- 5 percent or less is low — try to aim low in saturated fat, *trans* fat, sodium and added sugars.
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber.

Current Label:	New Label:																																																																																																																								
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> <th></th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>230</td> <td>Calories from Fat 72</td> </tr> <tr> <td></td> <td></td> <td>% Daily Value*</td> </tr> <tr> <td>Total Fat</td> <td>8g</td> <td>12%</td> </tr> <tr> <td> Saturated Fat</td> <td>1g</td> <td>5%</td> </tr> <tr> <td> <i>Trans</i> Fat</td> <td>0g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>0mg</td> <td>0%</td> </tr> <tr> <td>Sodium</td> <td>160mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate</td> <td>37g</td> <td>12%</td> </tr> <tr> <td> Dietary Fiber</td> <td>4g</td> <td>16%</td> </tr> <tr> <td> Sugars</td> <td>12g</td> <td></td> </tr> <tr> <td>Protein</td> <td>3g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td></td> <td>10%</td> </tr> <tr> <td>Vitamin C</td> <td></td> <td>8%</td> </tr> <tr> <td>Calcium</td> <td></td> <td>20%</td> </tr> <tr> <td>Iron</td> <td></td> <td>45%</td> </tr> </tbody> </table> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <thead> <tr> <th></th> <th>Calories: 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>	Amount Per Serving			Calories	230	Calories from Fat 72			% Daily Value*	Total Fat	8g	12%	Saturated Fat	1g	5%	<i>Trans</i> Fat	0g		Cholesterol	0mg	0%	Sodium	160mg	7%	Total Carbohydrate	37g	12%	Dietary Fiber	4g	16%	Sugars	12g		Protein	3g		Vitamin A		10%	Vitamin C		8%	Calcium		20%	Iron		45%		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	<p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <table border="1"> <thead> <tr> <th colspan="2">Amount per serving</th> <th></th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>230</td> <td></td> </tr> <tr> <td></td> <td></td> <td>% Daily Value*</td> </tr> <tr> <td>Total Fat</td> <td>8g</td> <td>10%</td> </tr> <tr> <td> Saturated Fat</td> <td>1g</td> <td>5%</td> </tr> <tr> <td> <i>Trans</i> Fat</td> <td>0g</td> <td></td> </tr> <tr> <td>Cholesterol</td> <td>0mg</td> <td>0%</td> </tr> <tr> <td>Sodium</td> <td>160mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate</td> <td>37g</td> <td>13%</td> </tr> <tr> <td> Dietary Fiber</td> <td>4g</td> <td>14%</td> </tr> <tr> <td> Total Sugars</td> <td>12g</td> <td></td> </tr> <tr> <td> Includes 10g Added Sugars</td> <td></td> <td>20%</td> </tr> <tr> <td>Protein</td> <td>3g</td> <td></td> </tr> <tr> <td>Vitamin D</td> <td>2mcg</td> <td>10%</td> </tr> <tr> <td>Calcium</td> <td>260mg</td> <td>20%</td> </tr> <tr> <td>Iron</td> <td>8mg</td> <td>45%</td> </tr> <tr> <td>Potassium</td> <td>235mg</td> <td>6%</td> </tr> </tbody> </table> <p><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></p>	Amount per serving			Calories	230				% Daily Value*	Total Fat	8g	10%	Saturated Fat	1g	5%	<i>Trans</i> Fat	0g		Cholesterol	0mg	0%	Sodium	160mg	7%	Total Carbohydrate	37g	13%	Dietary Fiber	4g	14%	Total Sugars	12g		Includes 10g Added Sugars		20%	Protein	3g		Vitamin D	2mcg	10%	Calcium	260mg	20%	Iron	8mg	45%	Potassium	235mg	6%
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Source: FDA.gov, FOR REFERENCE ONLY

For more food label information, visit the U.S. Food and Drug Administration at www.fda.gov/Food/ResourcesForYou/Consumers

Limit Saturated Fat, *Trans* Fat and Sodium

Eating less of these may help reduce your risk for some chronic diseases.

- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats.
- Limit *trans* fats to as low as possible.
- Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older). Adults with prehypertension and hypertension may benefit from reducing it further to 1,500 mg per day.

Limit Sources of Added Sugars

Foods and drinks with added sugars often lack nutrients and take the place of more nutritious foods. Examples of added sugars include white granulated and brown sugars, as well as syrups, nectars, honey and other sweeteners.

On the new labels, the amount of added sugars will show grams per serving and a percent DV.*

- Limit added sugars to less than 10% of your total calories per day.

**Products sold separately, such as bags of sugar or bottles of honey will only display the percent DV.*

Nutrients That May Be Lacking

The new labels put a focus on nutrients many Americans don't get enough of, including vitamin D, calcium and potassium. Iron is also listed, since young children, adolescent girls, and women who are capable of becoming pregnant may not get enough. These nutrients have replaced vitamins A and C on the new label.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.

Food manufacturers are also required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

What Claims on Food Labels Really Mean

The U.S. Food and Drug Administration (FDA) has strict guidelines on how certain food label terms can be used. FDA also sets standards for health-related claims and nutrient content claims to help consumers identify foods that are rich in nutrients and those that may help to reduce the risk for certain diseases based on the available research.

For example, health claims may highlight the link between calcium, vitamin D and osteoporosis or sodium and high blood pressure (hypertension).

These are some of the claims that are seen on food packaging, as defined by the FDA:

- **Reduced**— 25% less of the specified nutrient or calories than the usual product.
- **Good source of** — Provides at least 10% of the DV of a particular nutrient per serving.
- **Fat free / sugar free** — Less than ½ gram of fat or sugar per serving.
- **Low sodium** — 140 mg or less of sodium per serving.
- **High in (or Excellent source of)**— Provides 20% or more of the DV of a specified nutrient per serving.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: US Food and Drug Administration, Academy of Nutrition and Dietetics Complete Food & Nutrition Guide, 5th edition