

# Label Reading for Better Eating!



Serving Sizes are in common household measurements. Serving sizes are the same for similar products.

<b>Nutrition Facts</b>	
<b>Serving Size 4 cookies (31g)</b>	
<b>Servings Per Container about 9</b>	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>13%</b>
Saturated Fat 6g	<b>28%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 11g	
<b>Protein 1g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

% Daily Values show how a food fits into the overall daily diet.

These numbers can help you avoid eating too much fat, saturated fat, cholesterol, and sodium

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, iron, and calcium. 10% or more indicates a good source of these nutrients

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day.

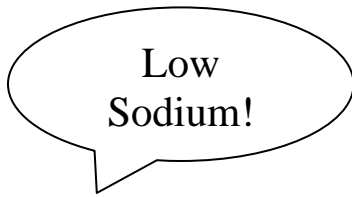
Ingredients are listed in descending order—main ingredient is listed first, smallest ingredient is listed last.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN), SUGAR, VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING PARTIALLY HYDROGENATED OILS: PALM KERNEL, SOYBEAN, COTTONSEED), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), HIGH FRUCTOSE CORN SYRUP, SALT, UHEY, SOY LECITHIN (EMULSIFIER), PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)

# DO FOOD LABELS DRIVE YOU *CRAZY?*



## What do they mean by *Lite* or *Fat Free*?

Here are the definitions that food manufacturers have to follow before placing *these titles* on the labels.

**Light/Lite:** This means the calories in the food have been reduced by at least one-third from the original product or the fat has been reduced by at least one-half. Light, can be used on labels to refer to the color of a food as long as the label spells it out; for example, light brown sugar.

**No Cholesterol:** the product does not contain any cholesterol when analyzed. However, these products may contain saturated fats which stimulate our bodies to produce cholesterol.

**Reduced Sodium:** The product contains at least 75% less sodium than the original product. It may not be low in sodium.

**Low Sodium:** Product contains 36-140 milligrams of sodium per serving.

**Very Low Sodium:** Product contains 6-35 mg of sodium in each serving.

**Sodium Free:** Product contains less than 5 mg of sodium in each serving.

**Low Fat:** Product contains 3 or less grams of fat in each serving.

**Fat Free:** Product contains no more than 0.5g of fat in each serving.

**Low Saturated Fat:** Product contains no more than 1g of fat in each serving.

**Extra Lean:** Less than 5g of fat, less than 2g of saturated fat, and less than 95mg of cholesterol in each serving.

**Net Carbs:** No official definition, companies are not held to any standard when making claims about amount of digestible carbohydrates in foods.



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