

## Nutrition Addition

It's time to do the math. Challenge yourself, and your kiddos, to see just how much sodium is in a meal you plan to make this week by using nutrition labels as their guide. Here are some tips for making the most of the information on the Nutrition Facts label:

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 90
	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

**Start here** — Serving Size 1 slice (47g) and Servings Per Container 6

**Check the total calories per serving** — Calories 160, Calories from Fat 90

**Limit these nutrients** — Total Fat 10g, Saturated Fat 2.5g, Trans Fat 2g, Cholesterol 0mg, Sodium 300mg, Total Carb 15g

**Get enough of these nutrients** — Dietary Fiber less than 1g, Sugars 1g, Protein 3g, Vitamin A 0%, Vitamin C 4%, Calcium 45%, Iron 6%, Thiamin 8%, Riboflavin 6%, Niacin 6%

**Quick Guide to % Daily Value:**  
**5% or less is low**  
**20% or more is high**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Start here.** Note the size of a single serving and how many servings are in the package.

**Check total calories per serving.** Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

**Limit these nutrients.** Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

**Get enough of these nutrients.** Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

**Quick guide to % DV.** The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
  - 40 calories per serving is considered low;
  - 100 calories per serving is considered moderate; and
  - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of *trans* fat) a day – that's less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition Facts panel says the food contains “0 g” of *trans* fat, it means the food contains less than 0.5 grams of *trans* fat **per serving**.
- When the Nutrition Facts label says a food contains “0 g” of *trans* fat, but includes “partially hydrogenated oil” in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

