



Reading Nutrition Labels

Illinois State Board of Education
Nutrition Department



Equity • Quality • Collaboration • Community



Agenda

What is a Nutrition Facts Label

Nutrition Label Content

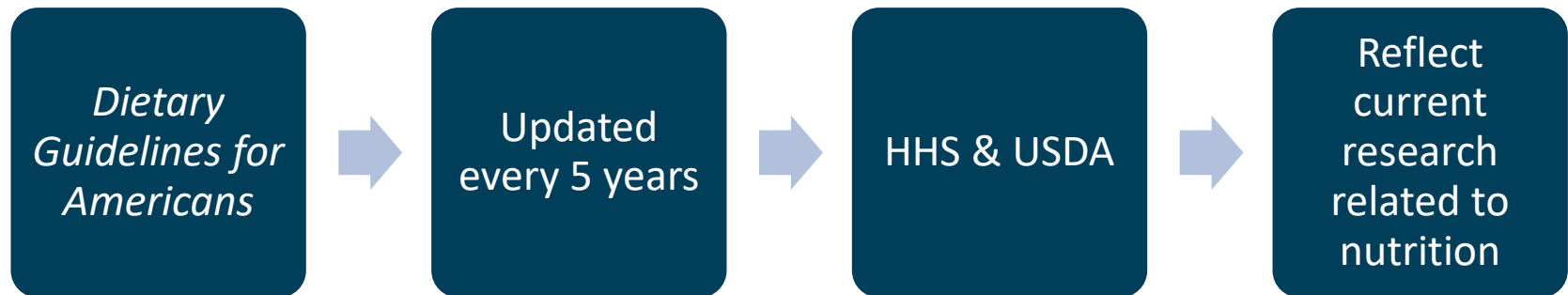
Reading an Ingredient List

Variations in Nutrition Facts Labels

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What is a Nutrition Facts Label





What is a Nutrition Facts Label

Informed
decisions
when
purchasing
products

Under the
NLEA of
1990 the
FDA
mandates
NFL



Contents of a Nutrition Facts Label

Serving Size

Calories

Nutrient
Information

% Daily
Value

Ingredient
List

Food
Allergies



Understanding the Nutrition Facts Label

1. Serving Information



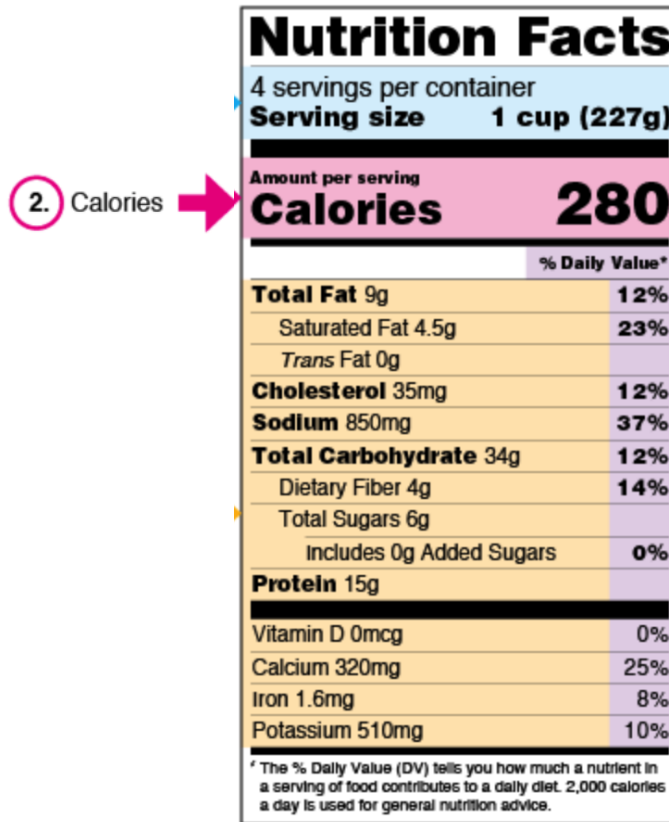
Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

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Understanding the Nutrition Facts Label



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Understanding the Nutrition Facts Label

3. Nutrients →

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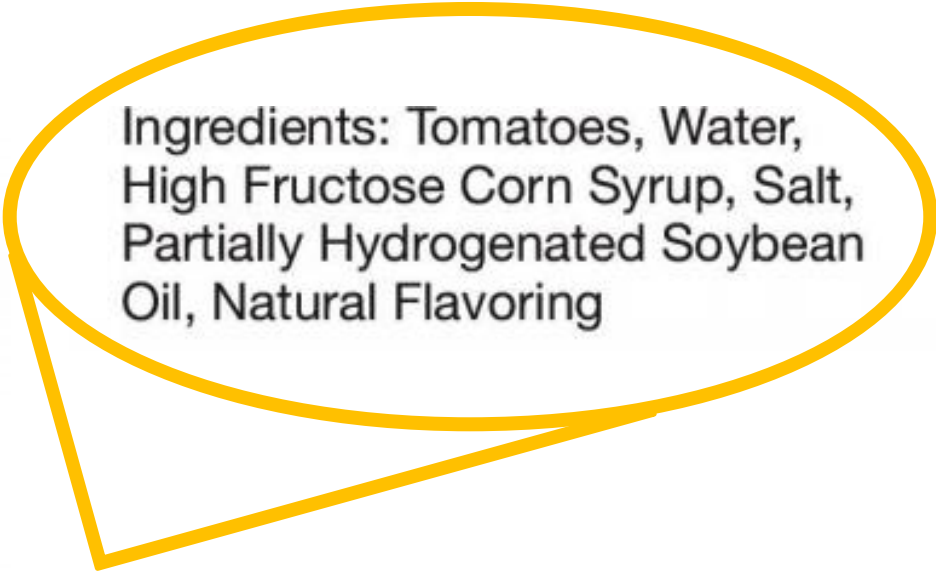
4. Quick Guide to percent Daily Value (%DV)

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

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Understanding the Nutrition Facts Label

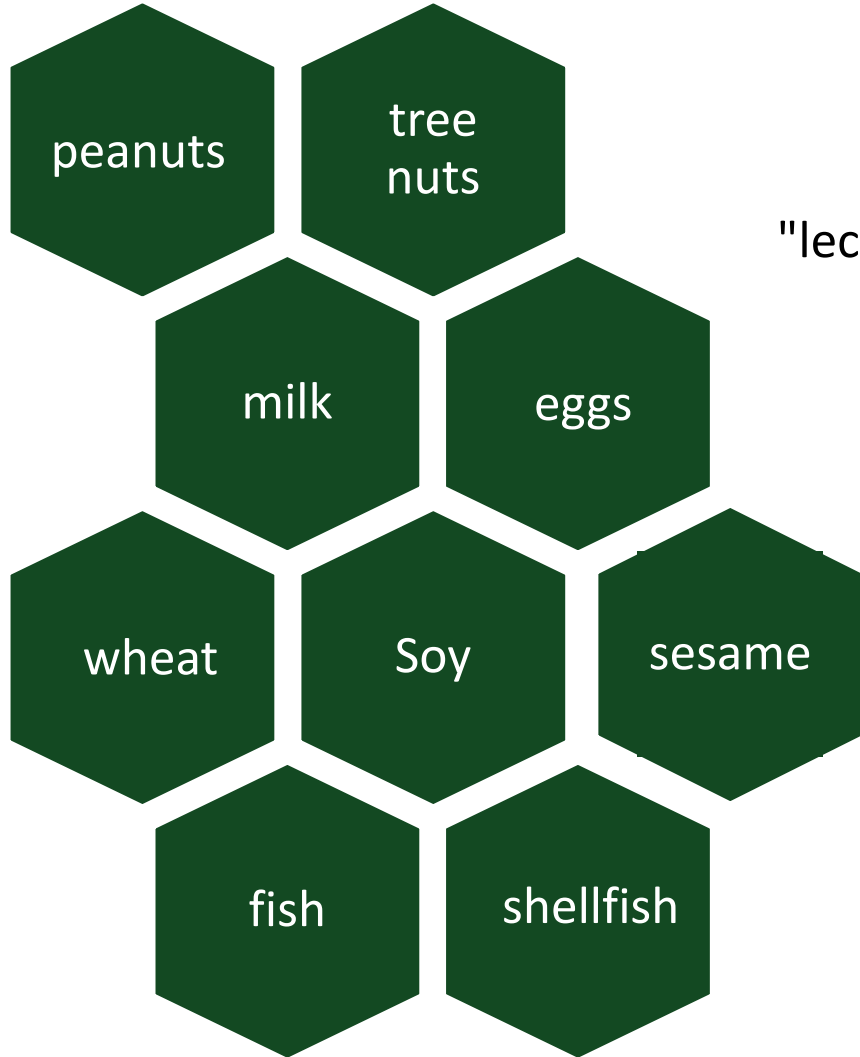


Ingredients: Tomatoes, Water,
High Fructose Corn Syrup, Salt,
Partially Hydrogenated Soybean
Oil, Natural Flavoring

Any Soup Company
Somewhere, NJ 09000



Understanding the Nutrition Facts Label



"lecithin (soy)," "flour (wheat)," and "whey (milk)"





Variations of a Nutrition Facts Label

Nutrition Facts	
16 servings per container	
Serving size	1 Tbsp. (21g)
Amount per serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%[†]
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.
[†] One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Nutrition Facts			
3 servings per container			
Serving size		3 pretzels (28g)	
Calories	Per serving	Per container	
	110	330	
	<small>% DV*</small>		<small>% DV*</small>
Total Fat	0.5g 1%	1.5g	3%
Saturated Fat	0g 0%	0g	0%
<i>Trans</i> Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	400mg 17%	1200mg	52%
Total Carb.	23g 8%	69g	24%
Dietary Fiber	2g 7%	6g	21%
Total Sugars	<1g	3g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	3g	9g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	10mg 0%	30mg	2%
Iron	1.2mg 6%	3.6mg	18%
Potassium	90mg 0%	270mg	5%

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Contents of a Nutrition Facts Label



Claims/Wording

Serving Size

Ingredient Lists



Considerations

- The NFL should be used to focus on nutrients you want to get more or less of
- Nutrients to get less of are saturated fat, sodium, and added sugar
- Nutrients to get more of are fiber, vitamin D, calcium, iron, and potassium
- Look for options that are nutrient dense



More Information

- FDA's Nutrition Facts Label webpage:
<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>
- The Academy of Nutrition and Dietetics webpage:
<https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/get-the-facts-on-dietary-guidelines-myplate-and-food-labels>
- USDA's Food Labeling Guidelines webpage:
<https://www.nal.usda.gov/legacy/fnic/food-labeling>



Contact Information

Illinois State Board of Education

Nutrition Department

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<https://www.isbe.net/nutrition>