



# Reading Nutrition Labels

Illinois State Board of Education  
Nutrition Department



Equity • Quality • Collaboration • Community



## Agenda

What is a Nutrition Facts Label

Nutrition Label Content

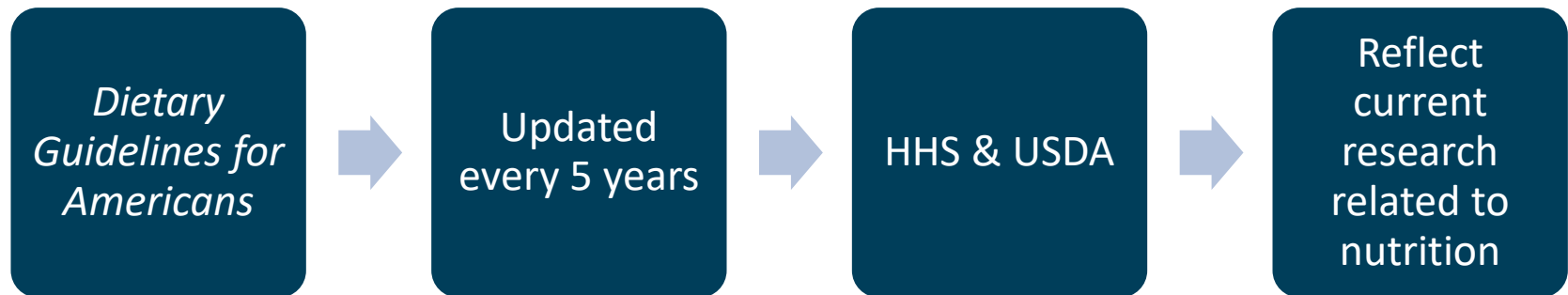
Reading an Ingredient List

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

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## Understanding the Nutrition Facts Label

2. Calories →

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
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## Understanding the Nutrition Facts Label

3. Nutrients →

Nutrition Facts	
4 servings per container	
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<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
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## Understanding the Nutrition Facts Label

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
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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



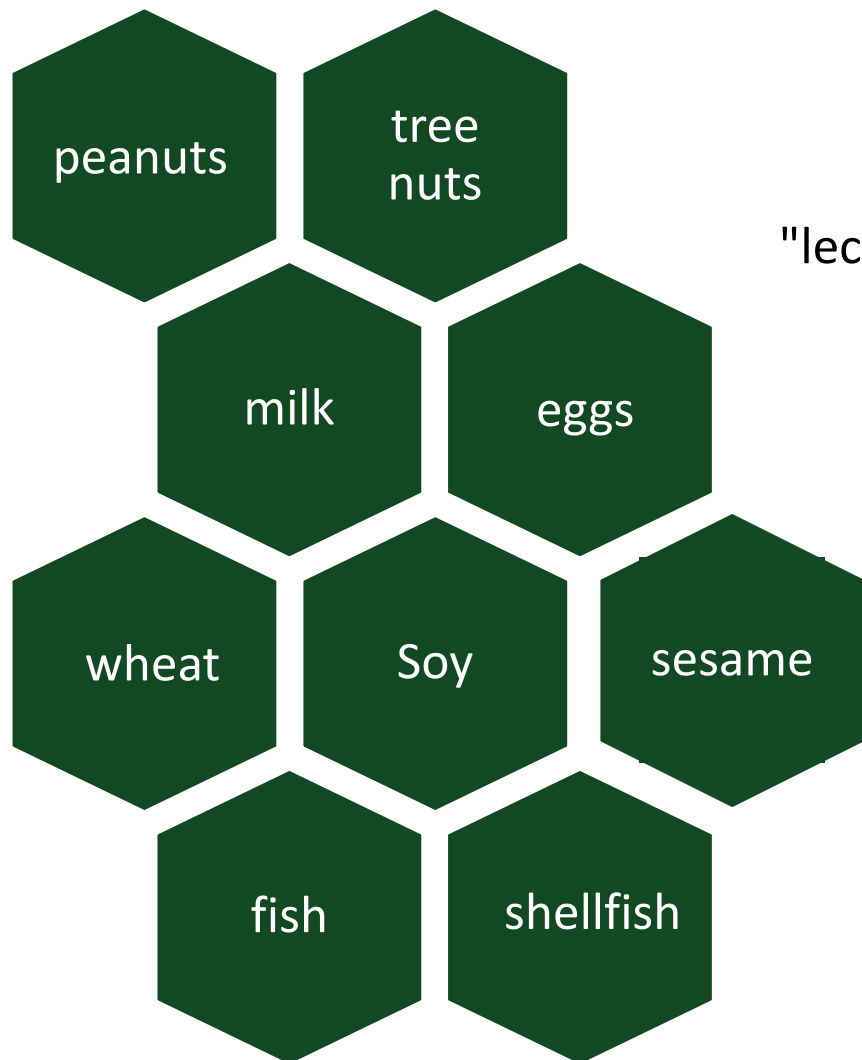
Ingredients: Tomatoes, Water,  
High Fructose Corn Syrup, Salt,  
Partially Hydrogenated Soybean  
Oil, Natural Flavoring

Any Soup Company  
Somewhere, NJ 09000

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



# 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**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans 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

**110**

Per container

**330**

% DV\*

% DV\*

**Total Fat**

0.5g **1%**

1.5g **3%**

Saturated Fat

0g **0%**

0g **0%**

Trans 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%**

\* 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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# 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>