



Fact Sheet

Student Health Services, Texas A&M University

Nutrition Facts Label

The Nutrition Facts Label gives specific information about the calories and nutrients found in a single serving of the food. This information is required to appear on virtually ALL food labels. Using the food label can help you choose foods to create healthy, balanced meal.

Nutrition Facts			
Serving Size ½ cup (114 g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%		Vitamin C 60%	
Calcium 4%		Iron 4%	
*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
Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4

LIST OF TERMS

Serving Size- the nutrition information listed applies to only ONE serving. (i.e. If your portion is double the serving size listed, the calories and nutrient amounts are doubled).

Calories- the amount of calories in a single serving. This contributes to your daily caloric intake.

Calories from fat- no more than 30% of total calories should come from fat.

Daily Value- these percentages present a general idea of how one serving contributes to a 2,000 calorie diet. They are useful in determining the nutrient content of the food. Try to obtain a low % daily value for fat, saturated fat, cholesterol, and sodium. Try to obtain 100% for total carbohydrate, dietary fiber, vitamins, and minerals.

Total Fat- includes all types of fat. Fat is a concentrated source of energy and has many functions in the body. A diet high in fat may contribute to heart disease and cancer.

Saturated fat- plays a key role in raising blood cholesterol and increasing the risk for heart disease. Less than 10% of total fat calories should come from saturated fat.

Cholesterol- too much cholesterol may contribute to heart disease. Try to moderate intake to less than 300 mg per day.

Sodium- too much sodium, or salt, may lead to high blood pressure in some people. The American Heart Association recommends an intake of no more than 3,000 mg of sodium daily.

Total Carbohydrate- your body's main energy source can be found in foods such as bread, pasta, whole grains, fruits, and vegetables. **50-65%** of your daily caloric intake should come from carbohydrates.

Dietary Fiber- may help reduce the risk of heart disease and certain types of cancer. Fruits, vegetables, whole-grain foods, beans, and peas are excellent sources of fiber.

Protein-Food sources rich in protein include meat, fish, poultry, eggs, dairy products, beans, grains, nuts, and cereals. **10-20%** of your daily calorie intake should come from protein.

Vitamins A & C- important for their antioxidant properties. Only vitamins A& C are listed because Americans tend to fall short of the RDA for these.

Calcium- important mineral needed for bone structure, growth, nerve function, and muscle contraction.

Iron- key component of blood composition.

Daily Values Footnote- this chart shows the Daily Values for two calorie levels, 2000 & 2500. It gives the maximum amount recommended for total fat, saturated fat, cholesterol, and sodium plus the total amounts for carbs and fiber. This is just a guide; your calorie needs may be more or less based on activity level, height, weight, age, etc.

Calories per gram conversion- gives the amount of calories found in one gram of fat, carbohydrate, and protein.

The goal is to obtain 100% of each vitamin and mineral each day by consuming a variety of foods, not by taking supplements.

Sometimes listed on a food label are nutrition descriptions such as "low fat" or "cholesterol free" to help guide your food choices. Here is how to decode the label lingo:

<i>Label Lingo</i>	<i>Means</i>
<i>Fat Free</i>	Less than 0.5 g fat per serving
<i>Low fat</i>	3 g of fat or less per serving
<i>Reduced fat</i>	At least 25 % less fat per serving
<i>High</i>	Provides 20% or more of the Daily Value for a nutrient per serving
<i>Good Source</i>	Provides 10-19% of the Daily Value for a nutrient per serving
<i>Light (Lite)</i>	1/3 less calories or 50% less fat than the original version; or no more than 1/2 the sodium of the original version
<i>Cholesterol Free</i>	Less than 2 mg of cholesterol and 2 g or less of saturated fat per serving
<i>Lean</i>	Less than 10 g total fat, 4.5 g or less of saturated fat, and 95 mg cholesterol per 3 oz serving
<i>Extra lean</i>	Less than 5 g total fat, 2 g saturated fat, and 95 mg cholesterol per 3 oz serving