

HANDOUT:

Nutrition Facts Sample Labels

Chips

Nutrition Facts		
Serving Size 1 package Servings Per Container 1		
Amount Per Serving		
Calories 230	Calories from Fat 130	
% Daily Value*		
Total Fat 15g	23%	
Saturated Fat 4g	22%	
Cholesterol 0mg	0%	
Sodium 270mg	11%	
Total Carbohydrate 23g	8%	
Dietary Fiber 1g	6%	
Sugars 0g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 15%
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 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
INGREDIENTS: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, COTTONSEED, OR SUNFLOWER OIL), AND SALT.		

Pretzels

Nutrition Facts		
Serving Size about 45 pretzels (30g) Servings Per Container about 15		
Amount Per Serving		
Calories 120	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	
Sodium 400mg	17%	
Total Carbohydrate 23g	8%	
Dietary Fiber Less than 1g	4%	
Sugars Less than 1g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 8%
*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 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SALT, CORN SYRUP, MALT, YEAST, BICARBONATE AND CARBONATE OF SODIUM.		

Graham Crackers

Nutrition Facts		
Serving Size 8 crackers (31g) (1 serving = 2 full cracker sheets) Servings Per Container about 13		
Amount Per Serving		
Calories 130	Calories from Fat 25	
% Daily Value*		
Total Fat 3g	5%	
Saturated Fat 0.5g	3%	
Polyunsaturated Fat 0g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	
Sodium 190mg	8%	
Total Carbohydrate 24g	8%	
Dietary Fiber 1g	5%	
Sugars 7g		
Protein 2g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%
*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 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), GRAHAM FLOUR, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, MOLASSES PRESERVED WITH SULFUR DIOXIDE, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, MALTED BARLEY FLOUR.		

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Creme-Filled Sandwich Cookie

Nutrition Facts	
Serving Size 3 cookies (34g)	
Servings Per Container about 15	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
*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 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID). PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, BAKING SODA, SALT, SOY LECITHIN (EMULSIFIER), VANILLIN—AN ARTIFICIAL FLAVOR, CHOCOLATE, WHEY (FROM MILK).	

Sugar-Coated Flake Cereal

Nutrition Facts		
Serving Size 3/4 Cup (31g/1.1 oz.)		
Servings Per Package About 18		
Amount Per Serving		
	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 20mg	1%	6%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	3%	3%
Sugars 12g		
Other Carbohydrate 15g		
Protein 1g		
% Daily Value		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	25%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
*Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.		
**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 65 g 80 g	
Sat Fat	Less than 20 g 25 g	
Cholesterol	Less than 300 mg 300 mg	
Sodium	Less than 2,400 mg 2,400 mg	
Total Carbohydrate	300 g 375 g	
Dietary Fiber	25 g 30 g	
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4
INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), CALCIUM PANTOTHENATE, RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, FOLIC ACID, BHT (PRESERVATIVE), VITAMIN B ₁₂ AND VITAMIN D.		

Toasted Oat Cereal

Nutrition Facts		
Serving Size 1 Cup (30g)		
Servings Per Container About 9		
Amount Per Serving		
	Cereal	with 1/2 Cup Skim Milk
Calories	110	150
Calories from Fat	15	20
% Daily Value**		
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	3%
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 280mg	12%	15%
Potassium 95mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Soluble Fiber 1g		
Sugars 1g		
Other Carbohydrate 18g		
Protein 3g		
% Daily Value		
Protein	-	-
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	25%	30%
Copper	2%	2%
*Amount in Cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 350mg sodium, 300mg potassium, 28g total carbohydrate (7g sugars) and 7g protein.		
**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 65 g 80 g	
Sat Fat	Less than 20 g 25 g	
Cholesterol	Less than 300 mg 300 mg	
Sodium	Less than 2,400 mg 2,400 mg	
Potassium	3,500 mg 3,500 mg	
Total Carbohydrate	300 g 375 g	
Dietary Fiber	25 g 30 g	
INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRISODIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₂ (RIBOFLAVIN), VITAMIN B ₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B ₁₂ , VITAMIN D.		

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Plain Potato

Nutrition Facts	
Serving Size 1 medium potato (148g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	6%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
*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 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g

Frozen French Fries

Nutrition Facts	
Serving Size 3oz (84g/about 15, 2" pieces) Servings Per Container About 11	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 400mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars less than 1g	
Protein 2g	
Vitamin A ** • Vitamin C 8%	
Calcium ** • 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.	
**Contains less than 2% of the Daily Value of these nutrients.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: POTATOES, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN OIL AND/OR CANOLA OIL), DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE.	

White Bread

Nutrition Facts	
Serving Size 1 Slice Servings Per Container 22	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
Thiamine 10% • Riboflavin 4%	
Niacin 4% • Folic Acid 6%	
*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 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
INGREDIENTS: ENRICHED WHEAT FLOUR, MALTED BARLEY FLOUR, THIAMINE MONONITRATE (VITAMIN B1), NIACIN, REDUCED IRON, RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, HYDRATED MONOGLYCERIDES, WHEY, SODIUM STEAROYL LACTYLATE, CALCIUM PROPIONATE (A PRESERVATIVE), YEAST NUTRIENTS (CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE), VINEGAR.	

Whole Wheat Bread

Nutrition Facts	
Serving Size 1 Slice (26 g) Servings Per Container 22	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
Thiamine 10% • Riboflavin 4%	
Niacin 4% • Folic Acid 6%	
*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 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
INGREDIENTS: ENRICHED WHEAT FLOUR, MALTED BARLEY FLOUR, THIAMINE MONONITRATE (VITAMIN B1), NIACIN, REDUCED IRON, RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, YEAST, WHEAT GLUTEN, WHOLE WHEAT BRAN, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, MOLASSES, NATURAL FLAVOR, WHEY, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), HYDRATED MONOGLYCERIDES, VINEGAR, YEAST NUTRIENTS (CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE).	