

Topic 1: How to Read Nutrition Facts Labels

Learning how to read nutrition labels is an important part of healthy eating. The Nutrition Facts Label contains details about a food's nutrition amounts, which can help you make healthier food choices especially if you have specific health conditions and need to follow a special diet.

1. Serving Information →

2. Calories →

3. Nutrients →

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

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

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	

1. First look at the serving information at the top. This will tell you how many servings (also known as portions) are in the container. The serving size will let you know how much food counts as a serving.
2. The calories shown is the amount of calories in a serving. If you eat more than 1 serving, then you would need to multiply the calories by how many servings you have eaten. If you eat the entire container, you would multiple the calories by how many servings are in the container.
3. The nutrients section tells you the amount of each nutrient in a serving. Same as with calculating calories, if you eat more than 1 serving, then you would need to multiply the nutrients by how many servings you have eaten. A few tips to keep in mind: choose foods with more than 3 grams of fiber, and less than 10 grams of added sugars.
4. The Percent Daily Value (%DV) is a quick way to determine if this food is a healthy choice, or if you should put it back and look for a better option. Nutrients near 5% or less are considered low amounts, and nutrients near 20% or more are considered high amounts. Choose foods with 5% or less of these unhealthy nutrients: Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium and Added Sugars. Choose foods with 20% or more of Dietary Fiber.

Topic 1: How to Read Nutrition Facts Labels – Patient Form

Part 1: Test Your Knowledge

Use the example nutrition label on the previous page to answer these questions:

1. How many calories would you get if you eat 2 servings of this food?
 - a. 280 calories
 - b. 480 calories
 - c. 560 calories
 - d. 1120 calories

2. What unhealthy nutrients are too high?
 - a. Total Carbs, Sugar
 - b. Total Fat, Sodium
 - c. Saturated Fat, Sodium
 - d. Cholesterol, Sodium

3. Is this food considered as a high fiber food? YES NO

Part 2: Diet Log – Pick 3 days and log your food and drink intake

Meals, Snacks and Drinks	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Drinks			

Part 3: Exercise

Did you exercise this week? YES NO

If not, why: _____

If yes, what did you do and how often: _____

Part 4: Weekly Weigh-in

What is your weight today? _____

Today's Date: _____

Print Your Name: _____

Date of Birth: _____

Dietitian Signature: _____ (Lin Lin Shao RD LD)