

# Reading Nutrition Labels

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Dietary Fiber	25g    30g

6

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

1. Start by reading the serving size and number of servings per container.
2. Calories are the amount of energy you get from a serving of this food, 100 is moderate, 400 or more is high.
3. Limit these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol and sodium can increase your risk of chronic diseases, such as heart disease and high blood pressure.
4. Getting enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. For example getting enough calcium can help reduce your risk of osteoporosis and eating a diet high in dietary fiber promotes healthy bowel function.
5. The amounts in the footnote are recommended daily values (DV) for each nutrient listed and are based on a public health experts advice. These amounts are the same on all food labels because it shows the recommended daily values for all Americans.
6. These are the daily recommended amounts for key nutrients based on a 2000 calorie diet. The quick guide above tells you that **5% DV or less is low** for all nutrients, those you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), or for those that you want to consume in greater amounts (fiber, calcium, etc). As the **Quick Guide** shows, **20% DV or more is high** for all nutrients.

## What is Dietary Fiber?



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## Two types of Fiber

Dietary fiber is found only in plant foods. There are two types of fiber: soluble and insoluble. It is important to have both types in your diet. To get both soluble and insoluble fiber it is important to eat a variety of fruits, vegetables, nuts, seeds and whole-grain foods each day. Eating foods with soluble fiber may help lower blood cholesterol and decrease your risk of heart disease. Insoluble fiber aids in healthy bowels and helps relieve constipation.

### Foods rich in Soluble fiber:

- Legumes such as beans, peas, soybeans, kidney beans and lentils

- Whole-grain oats and oat bran

- Barley

- Citrus fruits and other fruits such as apples and plums

- Vegetables such as carrots, broccoli, potatoes and squash

### Foods rich in Insoluble fiber:

- Wheat bran, corn bran and rice bran

- Whole-grain products

- Legumes such as beans, peas and lentils

- Nuts and seeds

- Fruits such as bananas, pears and strawberries

- Brown rice

- Vegetables such as green beans, green peas, cabbage, corn, beets and okra

### Healthy Benefits of fiber.

Adding more fiber to your diet has many health benefits. It aids in the following ways:

- Helps prevent constipation
- Weight control. Most high-fiber foods are low in calories, and they are more filling than low-fiber foods. This may help you eat less and cut calories.
- May help prevent colon cancer and help lower cholesterol.

### Here are some easy ways to increase your fiber intake:

- Eat a variety of fiber-rich foods every day
- Eat whole fresh fruits every day, especially those high in dietary fiber.
- Eat whole grains.
- Add fiber gradually, not all at once.
- Drink plenty of fluids to keep your digestive system running smoothly.

- Start your day off with a breakfast cereal that contains fiber. Look for one that provides at least 5 grams of fiber per serving. Read the food label on the cereal box side panel to determine fiber content and look for wheat bran in the ingredient list.
- Use the food label to choose breads that contain fiber. Remember, just because a bread is brown in color does not mean that it is a good source of fiber.
- Add wheat bran cereal to muffin, cookie and casserole recipes for extra fiber, flavor and texture.

### How much fiber do you and your family need?

- Choose whole-grain bread, cereal, crackers and pasta.
- Add beans, peas and lentils to soups, stews and salads.
- Eat one to three servings of fruits and vegetables at EACH MEAL.
- Snack on fruits, vegetables and high-fiber cereals.

Age	Gram/day fiber
1-3 years	19
4-8 years	25
Males	
9-13 years	31
14-50 years	38
51+ years	30
Females	
9-18 years	26
19-50 years	25
51+ years	21
Pregnancy all ages	28
Lactation all ages	29