



### Health Literacy

## Nutrition Facts Label DECODED

Deciphering the nutrition facts label, usually found on the back of a food item, can be tricky. What is a serving size? What is the % daily value? How can I tell if this is good for me or not? Read on to learn more about how to decode the nutrition facts label.<sup>1</sup>

The **Serving Size** is not a recommendation for how much you should eat, it simply makes it easier to relate a serving of lasagna to something more familiar, like 1 cup.

1. Serving Information

2. Calories

Calories are how much energy you get from 1 serving, which in this case is 1 cup of lasagna. 1 cup of lasagna has 280 calories.

3. Nutrients

The key **nutrients** listed on every label can impact your health positively or negatively, depending on the amounts you consume. Pay attention to these amounts to support your overall health!

**Quick tip!** Aim for **more** dietary fiber, vitamin D, calcium, iron, and potassium. Try to **limit** your intake of saturated fat, sodium, and added sugars.

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%

\*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.



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

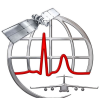
- 5% or less is **low**
- 20% or more is **high**

The **Percent Daily Value (%DV)** shows how much a specific nutrient in a serving of a food contributes to your total daily diet. This also helps you determine if a serving of food is high or low in a key nutrient.

Trying to watch your sodium intake? Maybe steer clear of this lasagna!

**What are added sugars exactly?** As of January 2021, labels must include added sugar to help you know the difference between sugar that occurs naturally in the food (like yogurt or fruit) and sugar that was added during processing (like in cookies, candy, and soda).<sup>2</sup>

1. Center for Food Safety and Applied Nutrition. (2022). How to Understand and Use the Nutrition Facts Label. U.S. Food & Drug Administration. <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>  
2. Making Sense of Food Labels. (n.d.). American Diabetes Association. <https://diabetes.org/healthy-living/recipes->

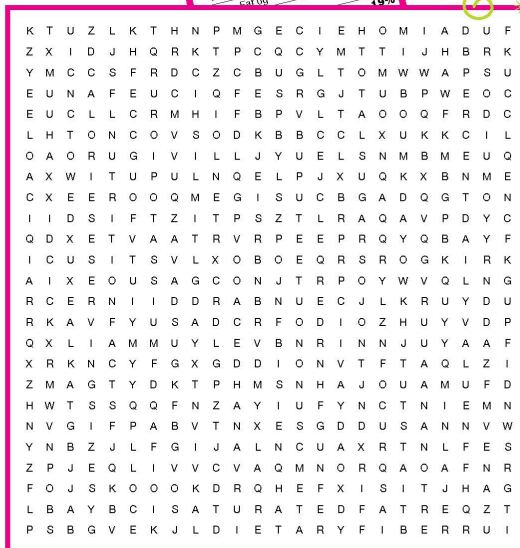


# Make Smart Choices!

## Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label. Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



### No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!



Revised: October 2018

**1**

#### Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

**2**

#### Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

**3**

#### Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.



[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

1.Center for Food Safety and Applied Nutrition. (2022). Read the Label Youth Outreach Materials. U.S. Food & Drug Administration. <https://www.fda.gov/food/new-nutrition-facts-label/read-label-youth-outreach-materials>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition?

Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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## Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday