

Lesson 10

Decoding Food Labels



Nutrition Facts

Federal law requires this label on most foods.

Includes information about:

- Serving size
- Calories
- Fats and cholesterol
- Sodium
- Carbohydrates
- Fiber
- Sugars
- Protein
- Vitamins and minerals

Nutrition Facts	
Serving Size 1/6 Sheet (41g /1.5oz)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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 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

Ingredients

Listed in descending order
by weight.

Calories per gram

Fat 9	•	Carbohydrate 4	•	Protein 4
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Ingredients

Select potatoes, expeller pressed high oleic sunflower oil, seasoning (lactose, dextrose, salt, sodium diacetate, garlic powder, onion powder, citric acid, malic acid, dill weed and spice extractive).

Contains milk.

No MSG



USDA Organic

Requirements include:

- No synthetic fertilizers
- Most pesticides are prohibited
- No hormones or antibiotics in animals
- No genetically engineered organisms
- Animals must be able to express certain natural behaviors (e.g., grazing)



Natural

No:

- Artificial colors
- Artificial flavors
- Synthetic ingredients

These FDA standards are not enforced.

USDA regulates the label on meat and poultry products.



Third-party labels

