

# 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

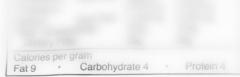
#### **Nutrition Facts**

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 1	l0g		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 Sat Fat Cholesterol Sodium Total Carboh	Less than Less than Less than Less than nydrate	20g 300mg	80g 25g 300mg 2,400mg 375g
Dietary Fib	er	25g	30a

## Ingredients

Listed in descending order by weight.



#### 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

