Understanding the Nutrition Label

by Liza Cohen

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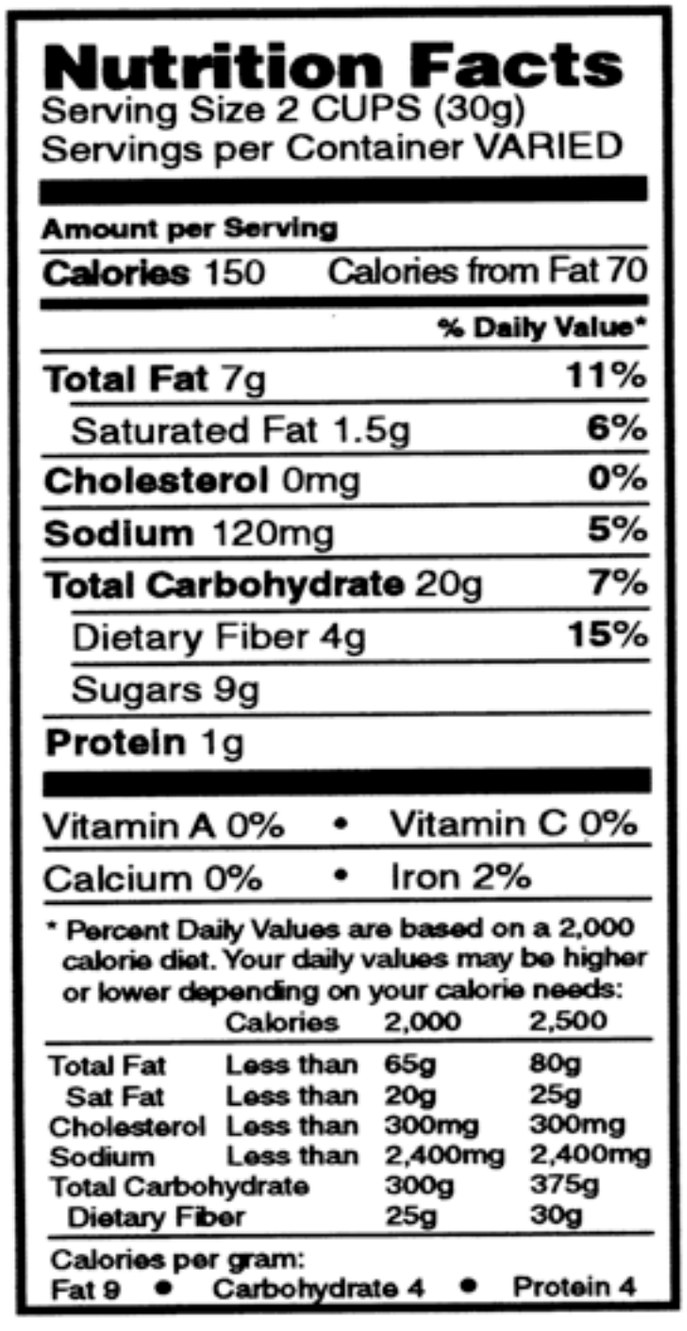


Nutrition Facts
Serving Size 2 CUPS (30g)
Servings per Container VARIED

Amount per Serving

Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**6%**
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**15%**
Sugars 9g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Knowing what nutrients represent and what the terms mean can help you figure out what you need to incorporate more into your diet and which nutrients you need to avoid.

Serving Size

Nutrition Facts
Serving Size 2 CUPS (30g)
Servings per Container VARIED

Indicates how much of the nutrients you are getting

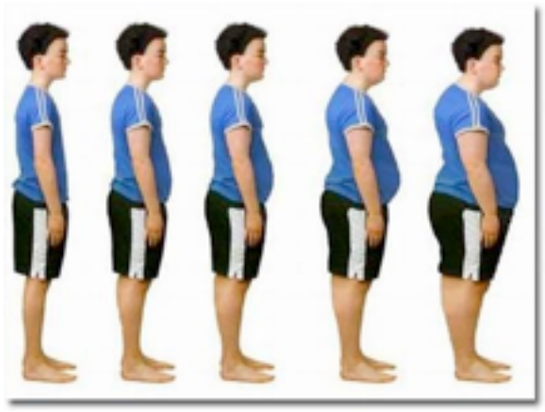
Represents how many servings you can get out of this one container that you purchased

An influence on how much food you are consuming.

If you eat more than the serving size, you are eating more of the nutrients

Serving Sizes

Calories (calories from fat)



Main supplement that provides energy for the human body

Excess calories are stored as fat.

The fat accumulating inside those cells will begin to expand

Physically noticeable as your body gains weight.

Half or less of calories from fat out of the total amount of calories!

Limit These!

Total Fat 7g	**11%**
Saturated Fat 1.5g	**6%**
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**

Limiting these nutrients will help you maintain a healthy diet. These are the nutrients that can put you at the most risk for being unhealthy.

Limiting Nutrients: Fat

Total Fat 7g	**11%**
Saturated Fat 1.5g	**6%**

Total amount of fat displayed shows how much fat is consisted in the food packaging

SF: Molecules that have no double bonds between carbon molecules because they are saturated with hydrogen molecules.

Major impact on your cardiovascular system

Eating foods with SF raises the level of LDL cholesterol ("bad" cholesterol)

You can decrease your chances of these risks by consuming healthy unsaturated fat.

Limiting Nutrients: Fat

Unsaturated Fat:

Fatty acid where there is at least one double bond within the fatty acid chain.

Helps lower cholesterol and prevent cardiovascular diseases

Contain fewer calories than saturated fats

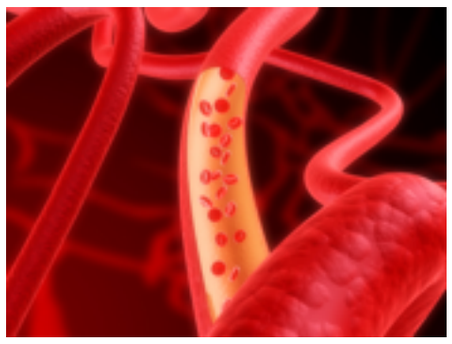
Trans Fat:

Hydrogenation: when manufacturers turn liquid oils into solid fats

Clogged arteries

Minimum of 25% to 35% of fat for your total calorie intake, 7% towards saturated fats, 1% towards trans fat

Limiting Nutrients: Cholesterol



Cholesterol 0mg	0%

Substance found in most body tissues and is produced by the liver

Creates vitamin D, builds cell walls, salts that help you digest fat

1,000 milligrams from liver

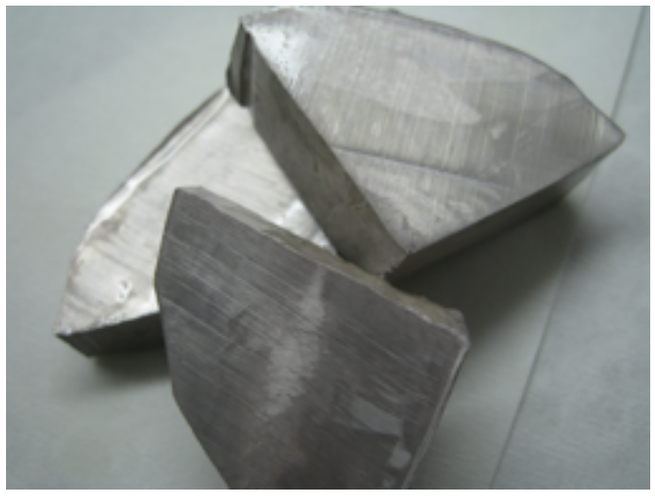
150 to 250 milligrams of cholesterol from the foods they eat

"High-density lipoproteins" (HDL) - "good cholesterol"

"Low-density lipoproteins" (LDL) - "bad cholesterol"

LDL clogs blood vessels and HDL carries cholesterol back to the liver where it belongs

Limiting Nutrients: Sodium



Sodium 120mg	**5%**

Chemical element that turns into compound

Sodium-chloride = edible salt

Right amount = controls the volume and pressure of your blood

Too much = damages your kidney function, digestive system, skeletal system, and cardiovascular system

Excess sodium leads to high blood pressure; over-working the heart

Can affect stomach lining

Can cause osteoporosis & kidney stones

Supposed to consume less than 2400 milligrams of sodium each day

Get Enough of These!

Total Carbohydrate 20g	**7%**
Dietary Fiber 4g	**15%**
Sugars 9g	
Protein 1g	

These are the nutrients you need to consume enough of. These are the most helpful nutrients for your body and a balance of all of them will insure the most benefits for your body.

Balancing Nutrients: Total Carbohydrates

Total Carbohydrate 20g	7%

Form from individual sugar molecules

Breaks them down into individual sugar molecules and turns them into glucose

Simple carbohydrates: 1 or 2 sugar molecules & are found in foods like fruits, vegetables, and in milk

Complex carbohydrates: 3 or more sugar molecules & are found in foods like bread, pasta, rice.

45% to 65% of your daily calories

300 grams of carbohydrates everyday

Balancing Nutrients: Dietary Fiber

Dietary Fiber 4g	15%

Complex carbohydrate

Decreasing chances of getting Type 2 diabetes, high blood sugar, obesity

Nutrients in the diet that are not digested by gastrointestinal enzymes

Passes through the stomach, small intestines, colon, and then out of your body.

Helps slow down the absorption of sugars

Tends to be more chewy; which slows down the process of digesting foods

Balancing Nutrients: Sugars

Sugars 9g

Sucrose, fructose, and lactose

Simplest type of carbohydrate

Natural or added

Limiting your consumption of added sugar to 25% of your daily calories or 125 grams of a 2,000 calorie diet

Can elevate blood levels & weaken your immune system

Can elevate insulin levels

Insulin is a hormone your pancreas produces in response to rising blood levels

Lead to chronic diseases

Balancing Nutrients: Protein

Protein 1g

Large biological molecules consisting of long chains of amino acid

Repairs cells, building blocks for the body

Reduces hunger and decrease body fat

Aids many aspects of health

Male: 56 to 91 grams a day

Female: 46 to 75 grams a day

What Should You Do?

Eat less calories than you burn

Burn more calories than you consume

Track calories

Minimize fat, cholesterol, & sodium

Balance fiber, carbohydrates, sugar, & protein

Exercise

Need More Information?

Here is the link to an in-depth description of how each nutrient affects you! Read the essay attached to the link if want to find out more!

Sources

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Thank You!