

HEALTHBREAK

MAY 2021



What's in a Food Label?

When it comes to making healthy food choices, it's important to know what to look for on the Nutrition Facts label. By understanding the information, you can compare the nutritional value of similar products and choose the foods that best support your health.

Use the information below to help you make the most of the nutrition label:

Serving size: The nutrition information listed on the label is based on one serving. For example, if the serving size is half a cup and you eat one cup, you're getting twice the calories and other nutrients.

Calories: 2,000 calories a day is used as a general guideline, but your calorie needs may vary depending on a variety of factors. You may consume more or less calories based on the number of servings you eat.

Percent daily value (% DV): A good way to determine if a food is a high or low source of a nutrient is the % DV. It tells how much a nutrient in a serving of food contributes to the daily recommended amount. Typically, 5% DV is considered low, and 20% or more is high.

Ingredients: These are listed in order based on how much of the ingredient is contained in the food. Ingredients that make up most of the product are listed first.

Saturated and trans fats: Choose foods with unsaturated fats when possible.

Sodium: Choose unsalted or low sodium foods and eat fewer processed or packaged foods.

Added sugar: Watch out for corn syrup or things that end with "ose" like fructose or sucrose. Foods with these ingredients are typically higher in calories and provide no nutritional value.

Fiber, potassium, vitamin D, calcium, and iron: Choose foods higher in these nutrients such as fruits, vegetables, beans, legumes, and fish.

Carbohydrates: Choose whole grains and other high-fiber foods, like whole-wheat bread, oatmeal, or brown rice.



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Source: <https://www.fda.gov/food/food-labeling-nutrition>