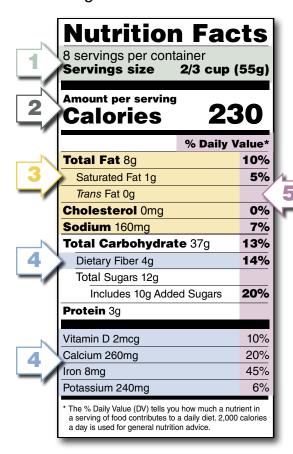
Get the Facts!

Steps to Reading and Understanding Nutrition Facts Labels

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You can make guick, informed decisions about foods by following these steps to reading Nutrition Facts labels on food packages.





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For more information, visit www.aq.ndsu.edu/food Look at the serving size and number of servings in the package.

Tip: Ask yourself, "How many servings am I eating?"

Look at the number of calories in one serving.

All the rest of the information on the label is based on one

Question: Looking at the nutrition label, how many calories would you get from consuming two servings of this food?

A. 460 B. 110 C. 250 D. 500

Answer: A. Eating two servings of this product would provide you with 460 calories.

Compare the amount of fat, saturated fat, cholesterol and sodium to the total amount recommended (see the % Daily Value). Try to minimize trans fat in your diet.

Eating too much of these may increase your risk of developing chronic diseases. Eating too much saturated fat and/or trans fat, for example, may increase your risk of heart disease.

Check the amounts of dietary fiber, vitamin D, calcium, iron and potassium. Getting enough of these nutrients in your diet may lower your chances of developing some diseases and/or adverse health outcomes. For instance, getting enough calcium may help lower your risk of developing osteoporosis, a condition of weakened, fragile bones.

Check out the % Daily Value. Food labels list can use % Daily Values as a reference.

percentages of the recommended daily intakes of several nutrients. The numbers are based on a 2,000-calorie diet and are used for adults who are 18 years or older. If you consume more or less than 2,000 calories per day, you still

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