



Food Label



Serving Size: 4 graham crackers
 Servings per container: 32

Amount per Serving

Calories: 80 Calories from fat: 18

Percent (%) Daily Value*

Total Fat 2g	5%
Saturated Fat 1g	5%
Cholesterol 0g	0%
Sodium 66mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 4g	

Protein 2g

- Vitamin A ‡ • Vitamin C ‡
- Calcium ‡ • Iron 3%

‡ Contains less than 2 percent of the daily value of this nutrient.

*Percent (%) Daily Values are based on a 2,000 calorie diet.
 Your Daily Values may be higher or lower, depending on your calorie needs:

		2,000	2,500
Nutrient		Calories	Calories
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: Wheat flour, sugars (sucrose, corn syrup, molasses), partially hydrogenated vegetable oil, lecithin, vanilla.

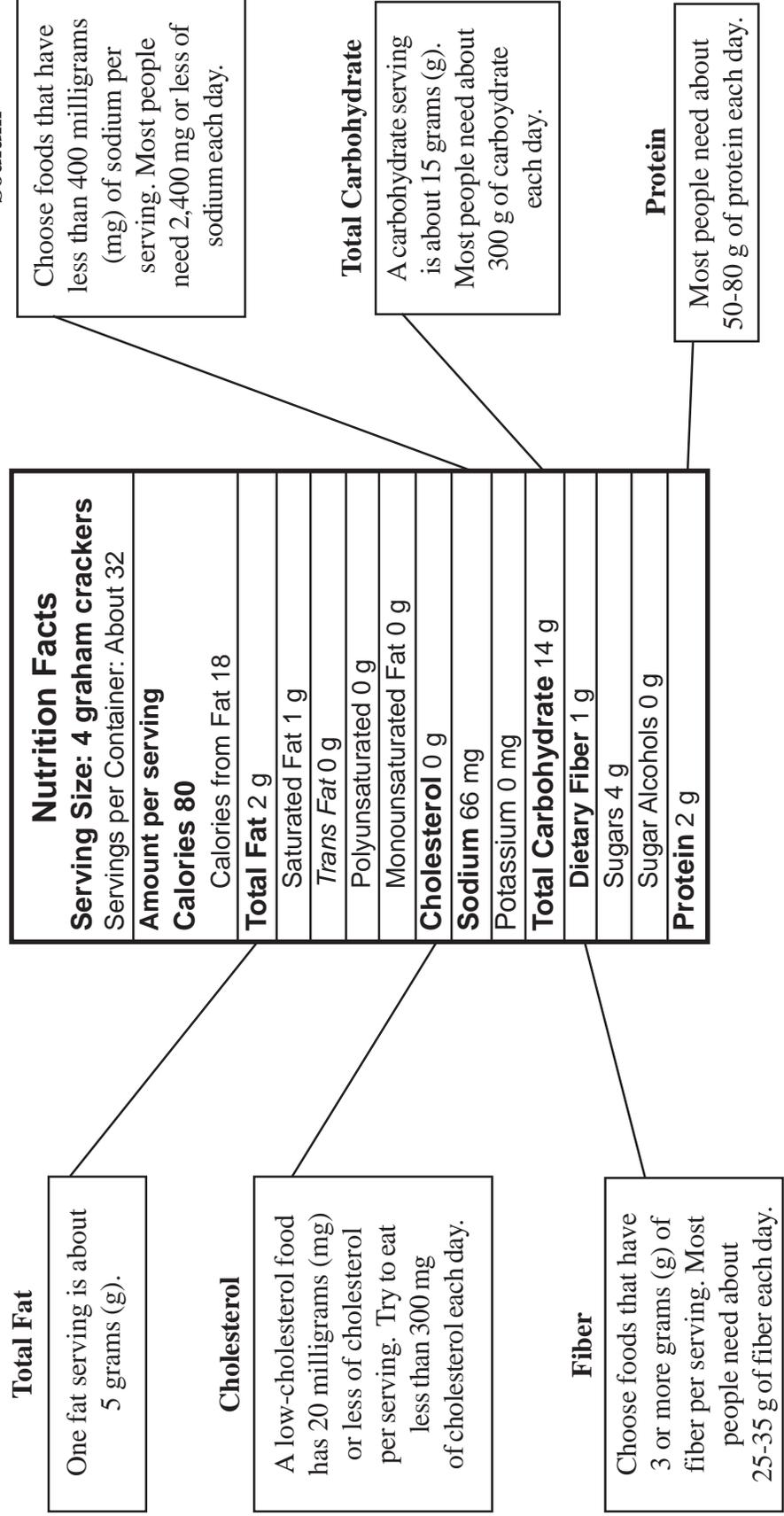




Reading Food Labels



Food labels have **Nutrition Facts**. Food labels can help you choose healthy foods. Look for these things on a label:





Food Claims for Marketing



	Nutrients per Serving			
	Free	Low	Reduced/ Less	Light (Lite)
Calories	Less than 5 calories	40 calories or less	At least 25% fewer calories	At least 1/3 fewer calories
Fat	Less than 0.5 g fat	3 g or less fat	At least 25% less fat	At least 50% less fat
Saturated Fat	Less than 0.5 g saturated fat	1 g or less saturated fat and no more than 15% of calories from saturated fat	At least 25% less saturated fat	Not used
Cholesterol	Less than 2 mg cholesterol and 2 g or less saturated fat	20 mg or less cholesterol and 2 g or less saturated fat	At least 25% less cholesterol and 2 g or less saturated fat	Not used
Sodium	Less than 5 mg sodium	140 mg or less sodium	At least 25% less sodium	At least 50% less sodium
Sugar	Less than 1.2 g sugars	Not a legal claim	At least 25% less sugar	Not used

Adapted from *Label Facts for Healthful Eating*, National Food Processors Association, Washington, DC, 202-639-5900, 1993.





Label Reading Worksheet



Name of food: _____

Write down the food label information in the row that matches the food claim on your label.

		Food Label Information								
		Serving Size	Servings per Container	Calories per Serving	Fat (grams) per Serving	Saturated Fat (grams) per Serving	Sodium (milligrams) per Serving	Total Carbohydrate (grams) per Serving	Dietary Fiber (grams) per Serving	Protein (grams) per Serving
Food Claim										
Free										
Low										
Reduced/ Less										
Light (Lite)										
Regular										

What ingredient is in the food the most? _____

What ingredient is in the food the least? _____

Is this a food you would eat often? Why or why not?

Does this food count as a carbohydrate serving?*

If yes, how many carbohydrate servings are in one portion?*

*See BYFC Session 2 for information on carbohydrate servings.





Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

My short-term goal is: (Be specific about what, when, how and where)

I will ask (Who?) _____ for support by helping me in this way:
(Be specific about what they can do to help you)

I will check regularly to see if I reach my goal by:

When I reach my short-term goal my reward will be:

Signature

Date

