

Food Labels

Reading Between The Lines

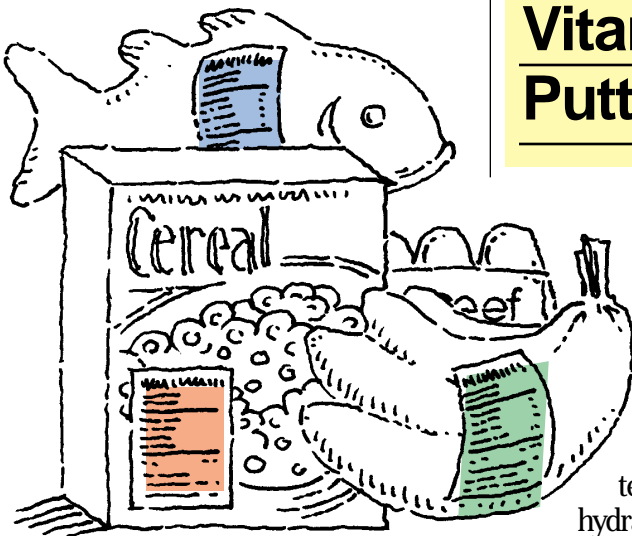
HE-702

Welcome To The New Food Label

Welcome to the new food label. The new label will make it easier for you to plan healthy meals and snacks. You will now be able to compare foods and their health benefits.

For the first time, a standard label is required on almost all food products, not just on cereal boxes and canned products but on fresh vegetables, fruits, seafood, meat, and poultry.

You can now believe what you read on labels. If you see a term like *low fat* it will mean the same thing on every product. These words cannot be used on products unless the products meet certain standards. Even health claims must follow strict rules enforced by the Food and Drug Administration (FDA)



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and the United States Department of Agriculture (USDA).

The new labels reflect current health concerns. They include calories, calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, and sug-

ars. Serving sizes will also be the same for similar products. Ingredients must be listed for foods with more than one ingredient.

Take a look at the new food label. If you have questions or need more information, call your county Extension office. These experts will gladly help you learn to *read between the lines*.

At A Glance

Several features on food packages give valuable information and make it easy to choose nutritious foods.

Nutrition Facts replaces the old *Nutrition Information Per Serving*. The new title appears on most processed food products, meats, poultry, fruits, vegetables, and seafood.

Serving sizes for similar products are more nearly the same. For example, Brand A cereal has the same serving size as Brand B so you can easily compare the two. And serving sizes reflect the

A diet:	May reduce risk of:
High in calcium	Osteoporosis (brittle bones)
High in dietary fiber from grain products, fruits, and vegetables	Cancer and heart disease
High in vitamins A or C from fruits and vegetables	Cancer
Low in fat	Cancer
Low in saturated fat and cholesterol	Heart disease
Low in sodium	High blood pressure

amounts people actually eat. Serving sizes are also listed in common household measurements (cups, teaspoons, slices) and in grams (28 grams = 1 ounce).

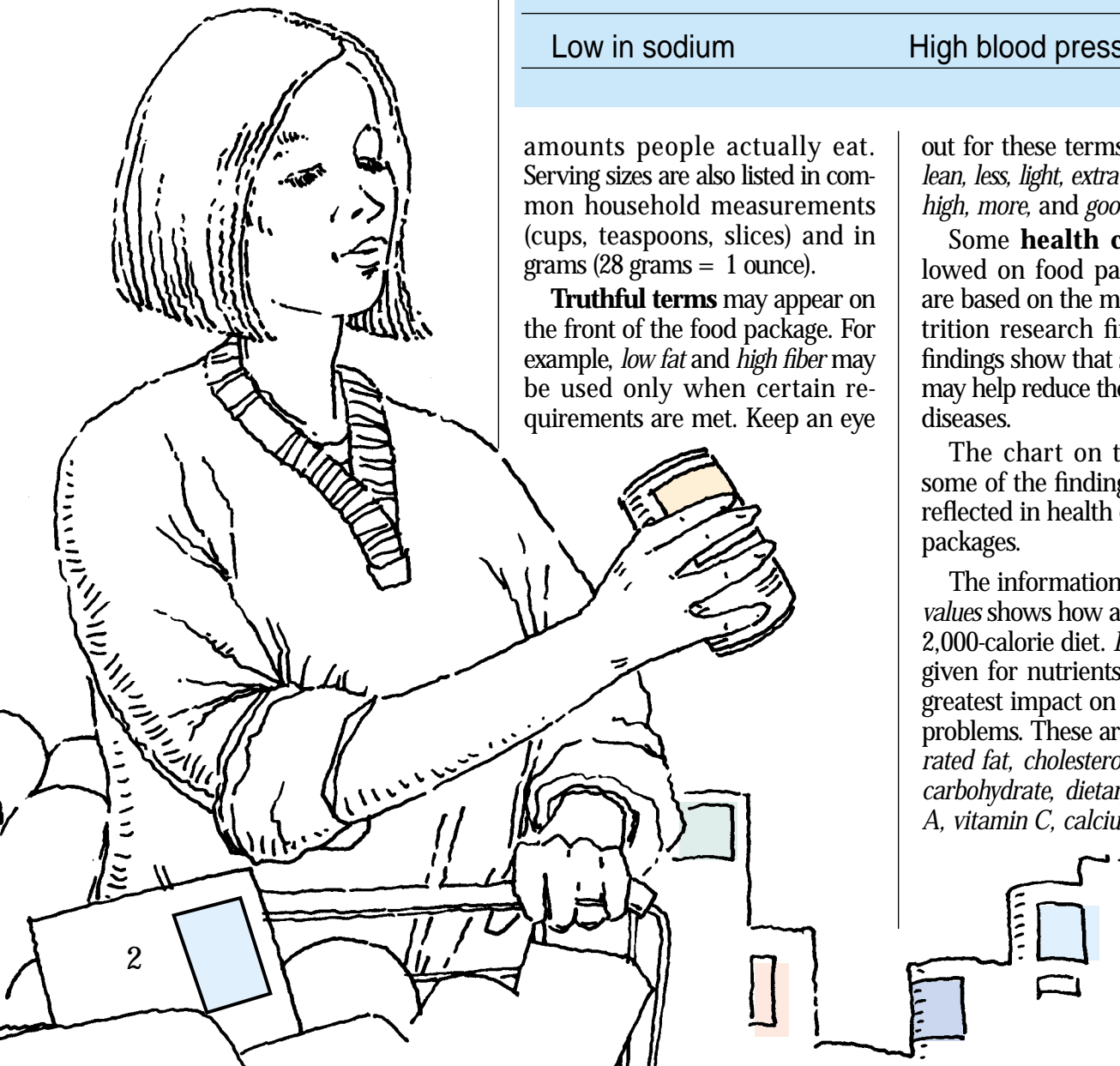
Truthful terms may appear on the front of the food package. For example, *low fat* and *high fiber* may be used only when certain requirements are met. Keep an eye

out for these terms: *free, reduced, lean, less, light, extra lean, low, fewer, high, more, and good source*.

Some **health claims** are allowed on food packages. These are based on the most current nutrition research findings. These findings show that some nutrients may help reduce the risk of certain diseases.

The chart on this page lists some of the findings that may be reflected in health claims on food packages.

The information under *% daily values* shows how a food fits into a 2,000-calorie diet. *Daily values* are given for nutrients that have the greatest impact on current health problems. These are *total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, vitamin A, vitamin C, calcium, and iron*.



Nutrition Facts

Serving Size 1 meal (311g)

Servings Per Container 1

Amount Per Serving

Calories 300 ← **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Cholesterol 25mg **8%**

Sodium 560 mg **23%**

Total Carbohydrate 28g **9%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 29g

Vitamin A 35% • Vitamin C 25%

Calcium 65% • Iron 15%

* 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

A Serving Of Nutrition Facts

Nutrition Facts signals the new label.

Serving size is more nearly the same for similar products. Serving sizes are stated in household and metric measurements and reflect the amounts people actually eat.

Calories per serving includes the number of these **calories from fat**. If you start figuring, you may think you've found errors on the label, but numbers are often rounded. Use the numbers throughout the label as a general guide.

Percent (%) daily value shows how a food fits into a 2,000-calorie diet. For example, the % daily value for total fat shows how the total fat in one serving compares to 65 grams, the amount recommended for a 2,000-calorie diet.

The **daily values** at the bottom of some labels show the amounts of certain nutrients needed by people with diets of 2,000 and 2,500 calories. You must adjust the daily values to fit the calorie level in your own diet. The abbreviation *g* means gram. Twenty-eight (28) grams equal 1 ounce. The term *mg* means milligram. It takes 1,000 milligrams to equal 1 gram.

Calories per gram tells the number of calories in a gram of fat, carbohydrate, and protein. Calories give the energy content of foods.

Nutrients that have special importance for your health must be listed on most labels. Other products such as soft drinks, which have few nutrients, may use a shorter label. Small- and medium-sized packages with limited space may also use a short label.

Cheese lasagna label

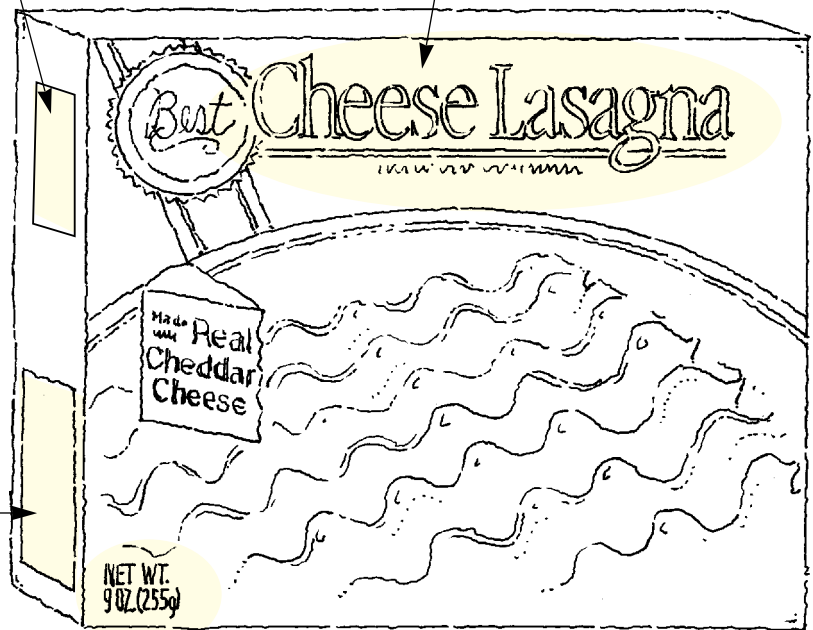
More Information On The Food Package

Food packages have basic parts that give you a lot of information.

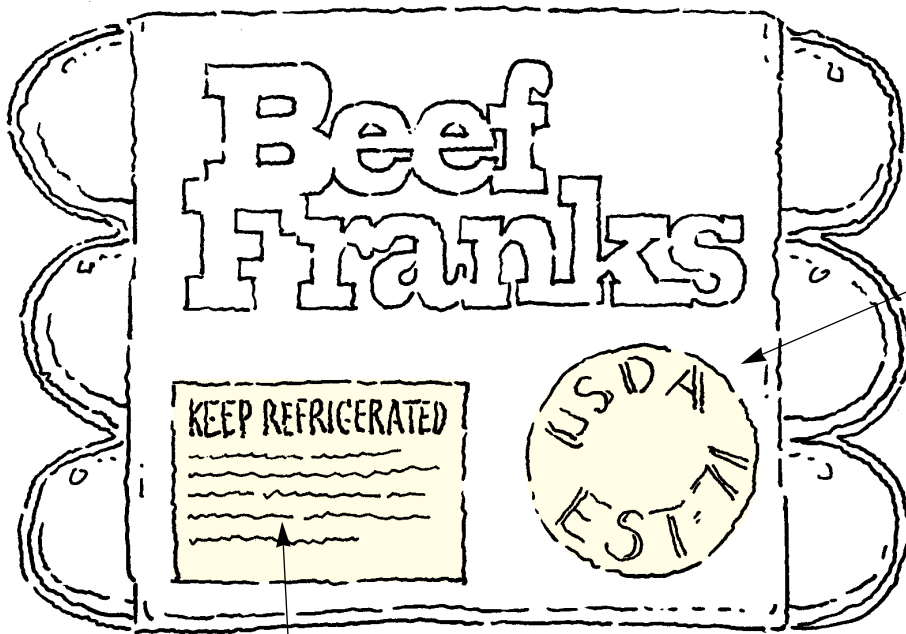
Ingredients. *Ingredients are listed by their common name in order by weight. The one with the largest amount is listed first, then the next one, and so on, ending with the one with the smallest amount. The ingredients for a certain brand of cheese lasagna are listed as follows:*

Ingredients: *Tomato Puree, Cooked Enriched Macaroni Product (Durum Flour, Water, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin), Part Skim Ricotta Cheese, Water, Reduced Fat Cheese, Sugar, Romano Cheese, Onions, Salt, Yeast, Corn Oil, Garlic, Xanthan Gum, Carob Bean Gum, Guar Gum, Potassium Chloride, Reduced Lactose Whey.*

Product name and picture of product.
Name and address of producer or distributor.



Net weight of product.



Handling instructions.

The USDA inspection mark and establishment number are required on all meat and poultry products. The round inspection stamp shows that the product has been inspected and approved. The establishment number is usually found inside the USDA stamp and tells the plant where the product was made. EST is used for meat products and P is used for poultry products.

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Cholesterol 25mg	8%
Sodium 560 mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 8g	

Protein 29g

Vitamin A	35%	•	Vitamin C	25%
Calcium	65%	•	Iron	15%

* 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
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheese lasagna label

Daily Values And % Daily Values

Daily values and *percent (%) daily values* are new features on food labels. You can use them to choose more nutritious foods and plan a healthier diet.

Daily Values

Daily values appear on the bottom part of the food label. These values tell how much of certain nutrients to eat based on 2,000- and 2,500-calorie diets. Your daily values may be higher or lower depending on your calorie needs. The nutrients listed are those that have the greatest impact on health. For example, diets high in fat, saturated fat, cholesterol, and sodium are linked to heart disease, high blood pressure, and some types of cancers. In contrast, diets high in complex carbohydrates and fiber help reduce the risk of having these health problems.

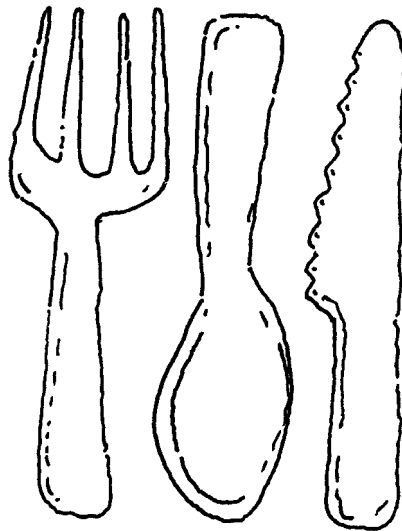
% Daily Values

The *% daily values* in the upper right column show how a food fits into a diet. They show what percentage of each nutrient one serving of a food has, based on a 2,000-calorie diet.

At a glance, label readers can use *% daily values* to decide if a food has a lot of a certain nutrient and to compare similar products. For example, the cheese lasagna food label shows 7 grams of dietary fiber, or 28% of the daily value (7 grams ÷ 25 grams × 100). Compare this to other frozen meals to decide which one is best for you.

Use the chart below to match your *calorie* intake and *daily values* for nutrients. If you eat more or less than 2,000 or 2,500 calories a day, your daily values for total fat, saturated fat, total carbohydrate, and dietary fiber will be more or less than the *daily values* shown on the label. Regardless of calories, your *daily values* for cholesterol, sodium, vitamins A and C, calcium, and iron stay the same.

Recommendations for some nutrients (total fat, saturated fat, cho-



lesterol, and sodium) are set at the upper limit. The words *less than* appear before the amount of these nutrients. Eat no more than the recommended amounts. On the other hand, no upper limits are given for total carbohydrate and dietary fiber. Eat at least the amounts listed or more.

It may take some time to get used to *% daily values*. But this information will be very helpful in comparing and choosing healthier foods.

Nutrient Needs For Different Calorie Levels*

Food Component	Calories Per Day					
	1,400	1,800	2,000	2,500	3,000	3,500
Total Fat (g)	47	60	65	80	100	116
Saturated Fat (g)	16	20	20	25	34	39
Cholesterol (mg)	300	300	300	300	300	300
Sodium (mg)	2,400	2,400	2,400	2,400	2,400	2,400
Total Carbohydrate (g)	210	270	300	375	450	525
Dietary Fiber (g)	20	20	25	30	35	42
Protein (g)	46	48	50	65	75	87
Total % Daily Value	70%	90%	100%	125%	150%	175%

* Numbers may be rounded

The food label bases its *% daily values* on a 2,000-calorie diet. Use this chart to compare *your* intake and daily values with the ones the label is based on.

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheese lasagna label

Calories

Calories in food give the body energy to work and play. Carbohydrate, fat, and protein have calories, but they don't have the same amount. Fat has twice as many calories (9 per gram) as carbohydrate and protein (4 per gram). This is shown at the bottom of the food label. Don't let *grams* confuse you. There are about 28 grams in an ounce. A regular metal paper clip weighs about 1 gram.

Interestingly, vitamins and minerals don't have calories. However, alcohol does have calories—7 per gram—but few other nutrients such as vitamins and minerals. Alcohol is called *empty calories*.

Calorie needs vary according to sex, age, height, weight, and activity level. This table gives you an idea of the calories adults of average height and weight need each day.

Suggested Calorie Levels For Different Activity Levels*

Women

Age	Low Activity	Moderate Activity	High Activity
19-24	1,800	2,200	2,600
25-50	1,800	2,200	2,600
51+	1,700	2,000	2,400

Men

Age	Low Activity	Moderate Activity	High Activity
19-24	2,300	3,000	3,700
25-50	2,300	3,000	3,800
51+	2,000	2,500	3,200

*Source: Recommended Dietary Allowances, 10th edition. National Research Council, 1989.

Eating (and drinking) more calories than you need causes you to gain weight. Overweight people are at higher risk of heart disease, high blood pressure, and some cancers.

If you are watching your weight, check the *calorie* information on the label. One serving of cheese lasagna has 300 calories, including about 70 calories from fat. If you eat more or less than one serving, adjust the calories accordingly.

Some labels may have truthful terms about calories. These terms may be used if the food meets certain requirements.

Term:	Definition per serving:
Calorie Free	Less than 5 calories
Low Calorie	40 calories or less
Reduced Calorie	At least 25% fewer calories than the regular food
Light or Lite	At least 1/3 fewer calories or 50% less fat than the regular food. If more than half the calories are from fat, fat must be reduced by 50% or more.

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheese lasagna label

Total Fat And Saturated Fat

Americans are beginning to notice fat in foods. Low-fat eating isn't just for senior citizens or for people on restricted diets for health reasons. Many people are looking for ways to combat the middle-age spread. Not only can a lower-fat, higher-fiber diet reduce your risk of heart disease, stroke, and some types of cancers, it is good for your waistline too.

Let's look at the fat information on the cheese lasagna food label. Just to the right of *calories*, you'll see *calories from fat*. The label shows that about 70 calories in this meal are from fat. This number is found by multiplying the grams of total fat by 9 calories per gram (see bottom of label.) Again, numbers are often rounded on the food label.

The maximum amount of total fat you should eat is based on the number of calories you eat. Most health professionals recommend that only 30% of calories come from fat. This applies to the total diet over a day or more, not to a single food or meal.

On a daily intake of 2,000 calories, total fat should be less than 65 grams. This is equal to 30% calories from fat ($65 \text{ grams} \times 9 \div 2,000 \text{ calories} \times 100 = \text{about } 30\%$). The same calculation shows that for a 2,500-calorie diet, 80 grams of total fat per day is equal to 30% calories from fat ($80 \times 9 \div 2,500 \times 100 = \text{about } 30\%$).

At a glance, you can see that one serving of cheese lasagna has about 12% of the daily value for total fat ($8 \text{ grams total fat} \div 65 \text{ grams} \times 100$.) This product accounts for 12% of the maximum amount of fat recommended for someone with a daily intake of 2,000 calories.

Total fat consists of three different types of fats: saturated,

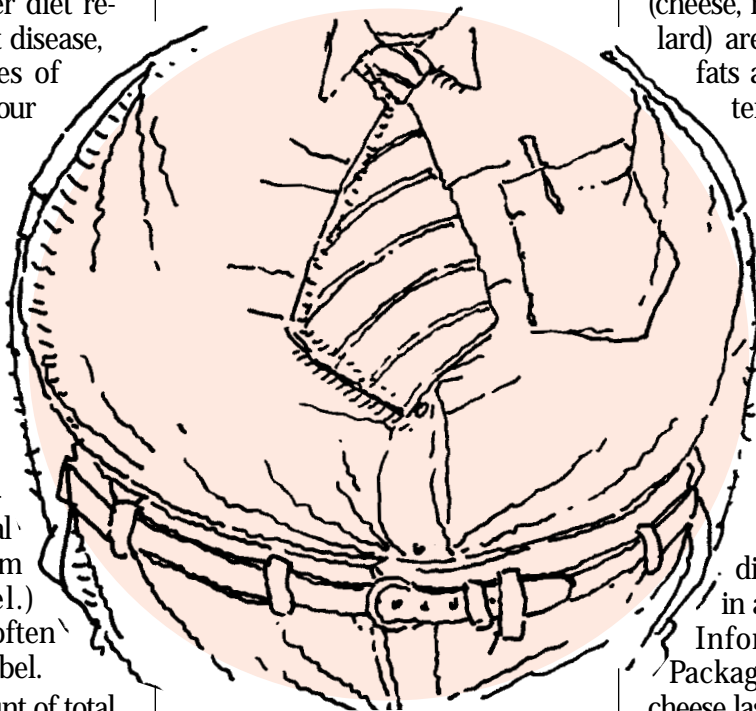
diet. Regardless of calories, saturated fat should be about 10% or less of total calories. One serving of cheese lasagna provides 15% of the daily value for saturated fat ($3 \text{ grams} \div 20 \text{ grams} \times 100$).

Chemically, all fats in foods are mixtures of the three types of fats. But a food usually has more of one type than another. For example, fats from animal sources (cheese, meat, poultry, butter, and lard) are more saturated. These fats are *usually* solid at room temperature.

Fats from plants are mostly monounsaturated and polyunsaturated fats. They are liquid (oils) at room temperature and can be poured from a bottle. Some good examples of these oils are corn, canola, olive, peanut, safflower, soybean, and sunflower.

Check the list of ingredients for the kinds of fats in a food (see page 4, "More Information On The Food Package"). Most of the fat in cheese lasagna comes from cheese. Since corn oil is listed toward the end of the ingredients, it probably adds only a small amount to total fat content.

Even though saturated fats are more linked with certain diseases, all three fats make you fat at the same rate. Regardless of the type, all fats are equal in terms of calories. Saturated fats have the same number of calories as monounsaturated or polyunsaturated fats. And remember that fat has more than twice as many calories (9 per gram) as carbohydrate and protein (4 per gram).



monounsaturated, and polyunsaturated. Most labels must list *saturated fat*. Many products also list the amount of monounsaturated and polyunsaturated fats.

Saturated fats may raise blood cholesterol level, which is a risk factor for heart disease and stroke. Many people can lower high blood cholesterol levels by eating less fat, especially saturated fat.

The food label indicates the importance of limiting saturated fat in your diet. Daily values for saturated fat show that you should have no more than 20 grams of saturated fat in a 2,000-calorie diet and 25 grams in a 2,500-calorie

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% Daily Value*

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Dietary Fiber 7g **28%**

Sugars 8g

Protein 29g

Vitamin A 35% • Vitamin C 25%

Calcium 65% • Iron 15%

* 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
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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

Cheese lasagna label

Cholesterol

While cholesterol is a second cousin to fat, many people confuse cholesterol and fats. Surprisingly, not all fats and oils have cholesterol. A food has cholesterol only if it comes from animal products. These include not only the meat of animals but also shrimp and tuna fish, and animal products such as milk, egg yolk, butter, and lard. Plants do not have cholesterol. Foods made from plants have no cholesterol unless animal products have been added during processing or preparation. For example, popcorn made with butter has cholesterol, but popcorn made with 100% vegetable oil does not.

Some people are equally surprised to discover that beef, pork, and chicken all have about the same amount of cholesterol, 20 milligrams per ounce. The real difference between them is in the fat content.

So, what's the concern about cholesterol? Diets high in cholesterol (and saturated fats) can lead to high blood cholesterol levels, a risk factor for heart disease. For adults, a blood cholesterol level of less than 200 milligrams per deciliter is good. Many people can lower blood cholesterol by eating more complex carbohydrates and dietary fiber in place of fat, especially saturated fat, and cholesterol.

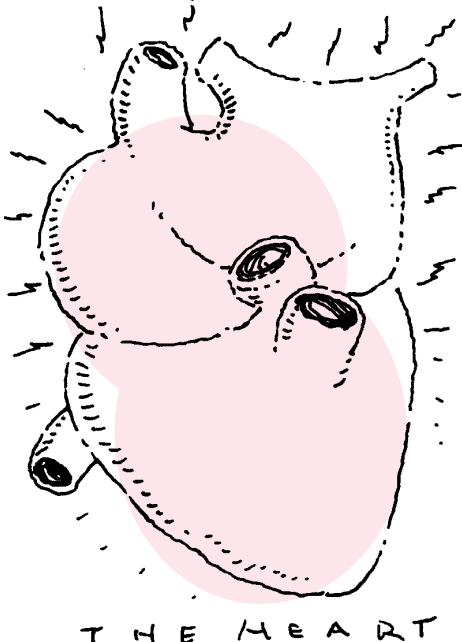
Cholesterol intake should be limited to 300 milligrams no matter how many calories you eat. One serving of cheese lasagna has 25 milligrams of cholesterol, or about 8% of the daily value for cholesterol for all calorie levels ($25 \div 300 \times 100$). Check the ingredients to find the animal products that contribute the cholesterol (see

page 4, "More Information On The Food Package"). In cheese lasagna, the cholesterol comes from cheese.

Food packages may contain health claims about the food and about diseases or health conditions related to that food. For total fat and cholesterol, there are currently two health claims that may appear on food packages. A typical claim linking fat with cancer might say, "Although the development of cancer depends on many factors, a diet low in total fat may reduce the risk of some cancers."

Second, dietary saturated fat and cholesterol have been linked to heart disease. A claim might state, "While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease."

Several truthful terms about fat and cholesterol may appear on labels.



Term:	Definition per serving:
Fat Free	Less than 0.5 gram fat
Low Fat	3 grams or less of fat
Reduced Fat or Less Fat	At least 25% less fat than the regular product
Saturated Fat Free	Less than 0.5 gram saturated fat
Low Saturated Fat	1 gram or less saturated fat and no more than 15% of calories from saturated fat
Reduced Saturated Fat or Less Saturated Fat	At least 25% less saturated fat than the regular product
Cholesterol Free	Less than 2 milligrams cholesterol and 2 grams or less saturated fat
Low Cholesterol	20 milligrams or less cholesterol and 2 grams or less saturated fat
Reduced Cholesterol Or Less Cholesterol	At least 25% less cholesterol and 2 grams or less saturated fat

Sodium

Most people call it *salt*. The label calls it *sodium*. Sodium is an old friend to the food label. Most label readers are familiar with the sodium content of foods. Sodium is a mineral needed for normal function of nerves and muscles, and it helps maintain normal blood pressure. It occurs naturally in some foods, but most is added during processing. Sodium chloride (NaCl) is the chemical name for table salt, which is 40% sodium and 60% chloride. One teaspoon of salt contains about 2,000 milligrams of sodium.

Many Americans eat more salt and sodium than they need. Too much salt and sodium is linked to high blood pressure, or hypertension, in some people. Hypertension is a major risk factor for heart disease, the leading cause of death in America. High blood pressure can be controlled but never cured. For some people, reducing the amount of salt and sodium in foods will also reduce blood pressure.

The food label suggests no more than 2,400 milligrams of sodium per day regardless of your caloric intake. Don't let this big number confuse you. You can easily understand this amount by using the *% daily value* on the label. For example, one serving of cheese lasagna has 560 milligrams of sodium, or about 23% of the daily value ($560 \div 2,400 \times 100$). At a glance, the large number of 2,400 has been turned into a relative amount. For some people, eating a food with almost one-fourth the daily value for sodium may be too much. You can easily compare

similar food products and select one that better fits your needs.

Many truthful terms can be used for sodium.

Term:	Definition per serving:
Sodium Free	Less than 5 milligrams sodium
Salt Free	Meets requirements for sodium free
Very Low Sodium	35 milligrams of sodium or less
Low Sodium	140 milligrams of sodium or less
Reduced Sodium or Less Sodium	At least 25% less sodium than the regular product
Light in Sodium	50% less sodium than the regular product
Unsalted, Without Added Salt, or No Salt Added	(1) No salt is added during processing (2) Regular product is normally processed with salt (3) Label bears the statement "not a sodium-free food" or "not for control of sodium in the diet" if the food is not sodium-free

A health claim linking sodium with high blood pressure is allowed for foods meeting the low-sodium requirement. A message might state, "Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors."

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Total Carbohydrate 28g **9%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 29g

Vitamin A 35% • Vitamin C 25%

Calcium 65% • Iron 15%

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Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheese lasagna label

Total Carbohydrate, Dietary Fiber, And Sugars

Total Carbohydrate

Americans are realizing that carbohydrates, especially the fibrous ones, have virtually no fat, no cholesterol, and little salt, and they are the body's main energy source. Health professionals recommend that at least 60% of total calories come from carbohydrates, mainly complex ones. The information on the food label supports this recommendation, since at least 300 grams of total carbohydrate are suggested for a 2,000-calorie diet (300 grams carbohydrate \times 4 calories per gram = 1,200 calories \div 2,000 calories \times 100.)

The food label gives detailed information about carbohydrates. *Total carbohydrate* is the main heading, with *dietary fiber* and *sugars* as subheadings. Although not listed, complex or starchy carbohydrates, found mainly in whole grains, cereal, and starchy vegetables, are also included in *total carbohydrate*. One serving of cheese lasagna has 28 grams of total carbohydrate. Of this 28 grams, 7 grams are dietary fiber and 8 grams are sugars. In theory, the remaining 13 grams are complex carbohydrates. The cheese lasagna provides about 9% of the daily value of total carbohydrate for a 2,000-calorie diet (28 grams \div 300 grams \times 100). This carbohydrate is found in the lasagna noodles and some in the tomatoes in the puree.

Dietary Fiber

Grandma called it *roughage* but her advice to eat more is still up-to-date. Eating foods high in fiber may reduce the risk of developing certain cancers and heart disease.

Fiber is found only in foods of plant origin, such as whole grains, fruits, and vegetables. Most foods contain two types of dietary fiber, and both may be listed on the label. Soluble fiber dissolves in water and may help reduce blood cholesterol levels, a risk factor for heart disease. Insoluble fiber does not dissolve in water. It adds bulk to the diet and prevents constipation.

The food label recommends 25 grams of dietary fiber for a 2,000-calorie intake. Even when calories decrease, fiber intake should not fall below 20 grams daily. As calories increase, fiber intake should also increase. A serving of cheese lasagna has 7 grams of dietary fiber, or 28% of the daily value (7 grams \div 25 \times 100.) This fiber is found mainly in the lasagna noodles.

Some truthful terms about fiber may appear on labels. Any product with these terms must have at least 3 grams of fiber per serving.

Term:	Definition per serving:
Good Source of Fiber or Contains Fiber or Provides Fiber	Product has 3 to less than 5 grams of fiber (10% to 19% of daily value for fiber)
High Fiber or Rich in Fiber or Excellent Source of Fiber	Product has 5 grams or more fiber (20% or more of daily value for fiber)

Health claims relating fiber-containing foods to cancer and heart disease may be used on labels. A health claim might state, "The development of cancer and heart disease depends on many things. Eating a diet low in fat, especially saturated fat, and cholesterol, and high in grain products, fruits, and vegetables that contain fiber may reduce your risk for some types of cancer and heart disease. In addition, certain fruits and vegetables which contain vitamins A and C also may reduce cancer risk."

Sugars

Most Americans love sugar. Although sugar is not harmful to most people, eating large amounts can cause you to eat fewer nutritious foods. Sugars provide calories (4 per gram) but few other nutrients such as vitamins and minerals. Sugars are often called *empty calories*.

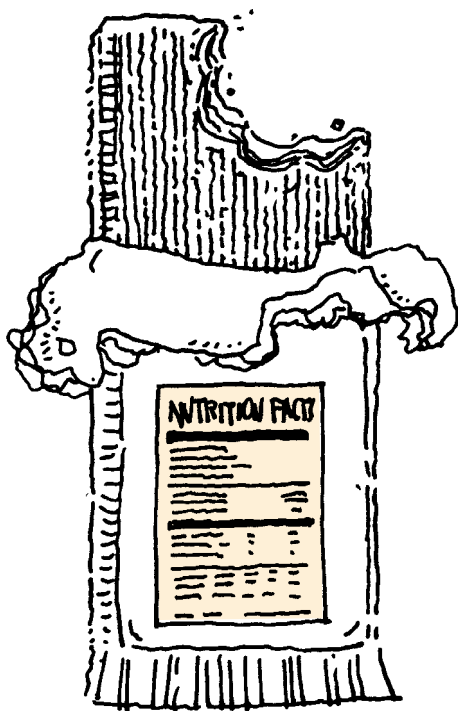
On the cheese lasagna label, one serving has 8 grams of sugars. This includes natural sugars and those added during processing. You can tell if the sugar is natural or added by looking at the ingredients (see page 4, "More Information On The Food Package"). Although most foods have some natural sugar, you can tell that sugar was added to the cheese lasagna because it is the sixth ingredient listed.

Many different sweeteners may be added to processed foods. They include sugar (sucrose), brown sugar, glucose (dextrose), fructose, maltose, lactose, honey, syrup, corn syrup, corn sweetener, high fructose corn syrup, and molasses. If any of these terms appear first or second, or if several appear in the ingredients, the food is probably high in sugar.

There is no % daily value for sugar. It would be difficult to set an amount because of the natural sugars in milk, fruits, vegetables, and grains. Just remember, most of us don't need the empty calories in refined sugar.

Some labels may use truthful terms about sugar. These terms may be used if the food meets the requirements.

Term:	Definition per serving:
Sugar Free	Less than 0.5 grams of sugar
Reduced Sugar or Less Sugar	25% less sugar than the regular product
No Added Sugar or Without Added Sugar	No sugar has been added (the product may contain natural sugar)



Nutrition Facts

Serving Size 1 meal (311g)

Servings Per Container 1

Amount Per Serving

Calories 300 **Calories from Fat 70**

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Cholesterol 25mg	8%
Sodium 560 mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 8g	

Protein 29g

Vitamin A	35%	•	Vitamin C	25%
Calcium	65%	•	Iron	15%

* 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

Cheese lasagna label

Protein

Protein is needed for many vital functions in the body. Most important is its role in proper growth and wound healing. As shown on the food label, protein also supplies energy (4 calories per gram). Both plant and animal foods have protein. Animal foods high in protein also contain fat and cholesterol. Some good sources of protein are lean meats, poultry, egg whites, fish, dried beans, and grain products.

A serving of cheese lasagna has 29 grams of protein. The protein comes mainly from the cheese and some from the lasagna noodles. There is no *daily value* listed for protein since most Americans get plenty in their diets by eating a variety of foods. Protein needs vary depending on age, sex, and other factors.

Meat And Poultry Labeling

The FDA oversees the labeling of all foods except meat and poultry, which are regulated by the Food Safety and Inspection Service (FSIS) of the USDA. The USDA has stated that meat and poultry products will also have *Nutrition Facts*. A *Nutrition Facts* label must be provided on all processed meat and poultry products like basted turkey, chicken franks, corned beef, luncheon meats, and frozen meals. In contrast, *Nutrition Facts* for 45 of the best-selling cuts of raw meat and poultry may appear on labels or on posters, pamphlets, or videos in the store. Look for this information on some of the cuts shown in the following chart.

Beef

eye round steak
top round steak
round tip roast
bottom round steak
tenderloin steak

Pork

top loin chop boneless
loin rib chop
loin tenderloin
loin top roast boneless

Veal

rib roast
loin chop
cutlets

Chicken and Turkey

breast
drumstick
thigh



You will see two truthful terms on processed meat and poultry: *lean* and *extra lean*. Although these terms have been on labels before, they now have new meanings and will help you choose lower-fat meat and poultry products.

Another truthful term that may be used on meat and poultry as well as other food products is *fresh*. *Fresh* may be used on meat and poultry products that are raw, have never been frozen or heated, and have no preservatives. In addition, the terms *fresh frozen*, *frozen fresh*, and *freshly frozen* may be used for meats, poul-

try, or other foods that are quickly frozen while still fresh. Products that are blanched before freezing may still be labeled *fresh frozen*.

For people who are sensitive or allergic to hydrolyzed vegetable or animal proteins, labels now give detailed information about these substances. Before, hydrolyzed proteins were labeled as *hydrolyzed animal protein* or *hydrolyzed vegetable protein*. Now the source of the hydrolyzed protein must be stated on the label. For example, *hydrolyzed corn protein* must be used instead of *hydrolyzed vegetable protein*, and *hydrolyzed casein* must be used in place of *hydrolyzed animal protein*. Hydrolyzed proteins serve useful functions in foods as leavening agents, thickeners, flavorings, flavor enhancers, and protein sources.

Below are the meanings of the terms *lean* and *extra lean*:

Term:	Definition per serving:
Lean	A serving of meat or poultry with less than 10 grams of total fat, less than 4 grams of saturated fat, and less than 95 milligrams of cholesterol.
Extra Lean	A serving of meat or poultry with less than 5 grams of total fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol.

Nutrition Facts

Serving Size 1 meal (311g)

Servings Per Container 1

Amount Per Serving

Calories 300 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 3g **15%**

Cholesterol 25mg **8%**

Sodium 560 mg **23%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 7g **28%**

 Sugars 8g

Protein 29g

Vitamin A 35% • Vitamin C 25%

Calcium 65% • Iron 15%

* 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
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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

Cheese lasagna label

Vitamins And Minerals

Vitamin A

Of the four fat-soluble vitamins (A, D, E, and K), vitamin A is the only one required on the food label. Our old friend vitamin D is no longer required; vitamins E and K have never been required on labels. Although vitamin A is needed for many vital functions in the body, it is best known for helping eyes adapt to dim or night light.

The cheese lasagna provides 35% of the daily value for vitamin A, based on the recommended amount of 5,000 International Units (IU). The tomatoes in the puree provide most of the vitamin A.

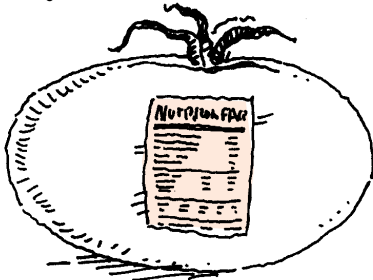
You need to know which foods are good sources of this important vitamin. Select the dark-green and deep-yellow vegetables and fruits. They are naturally low in fat and also provide fiber. In general, the depth of green or yellow color tells you how much vitamin A is present. For example, the thin, dark-green leaves of spinach have more vitamin A than the inner leaves of cabbage or lettuce. Carrots, sweet potatoes, broccoli, and cantaloupe are packed with vitamin A. The most important animal sources of vitamin A are liver and egg yolk. Unfortunately, these are also very high in cholesterol. Many foods such as margarine and milk are fortified with vitamin A.

Beta-carotene, a form of vitamin A, may be listed on food labels. Many scientists now believe that beta-carotene helps reduce the risk of some types of cancers and heart disease. Beta-carotene is found in carrots, sweet potatoes, cantaloupe, spinach, broccoli, and most dark-green, leafy vegetables.

Vitamin C

Without a doubt, vitamin C is the most popular vitamin. Although there are no clear-cut relationships, vitamin C may reduce the risk of certain types of cancers, heart disease, and strokes. Diets low in vitamin C may cause bleeding gums, itchy skin, and slow healing of wounds.

Vitamin C is the only water-soluble vitamin that must be listed on the food label. The other well-known water-soluble vitamins—thiamin, riboflavin, and niacin—are no longer required on labels, because Americans usually get plenty of these vitamins.



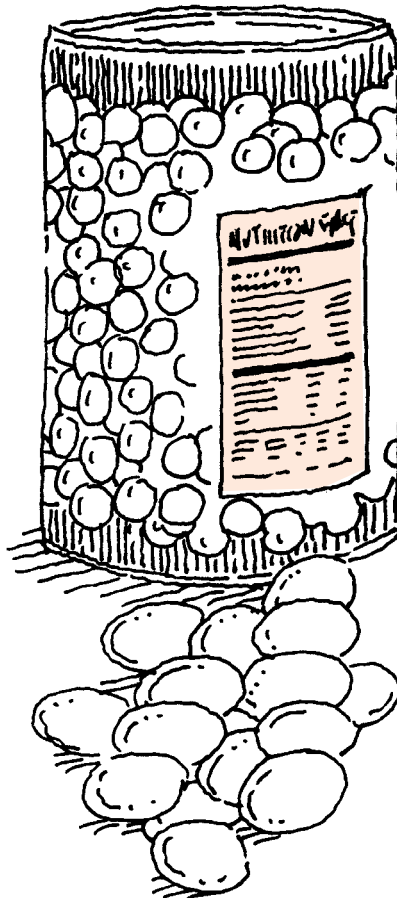
A serving of cheese lasagna provides 25% of the daily value of vitamin C. This is based on 60 milligrams, the recommended amount of vitamin C for all calorie levels. In the cheese lasagna, the vitamin C is found in the tomatoes used in the puree.

As for other nutrients, a knowledge of food sources is the best way to obtain adequate amounts. For vitamin C, the easiest way to get the amount you need daily is to drink one cup of orange juice, which has 100 milligrams. Since many people do not drink orange juice (or eat an orange) every day, a variety of other fruits and some vegetables can give you enough of this valuable vitamin. In addition to orange juice and tomatoes, other great sources include grapefruit juice, strawberries, cantaloupe, broccoli, and potatoes.

Iron

Iron deficiency is the most common nutritional deficiency in America. Women of childbearing age, infants, and young children are at the highest risk for iron deficiency. Some causes of iron deficiency are a low iron intake or excessive blood loss. Being chronically tired may be a sign of iron deficiency anemia.

Compared to 18 milligrams of iron (the recommended daily amount), one serving of cheese lasagna provides 15% of the daily value of iron. This iron comes from adding iron (ferrous sulfate) to the lasagna noodles. It is a common practice to add iron salts to bread, breakfast cereals, flour, and other cereal products. Other good sources of iron are lean meats; green, leafy vegetables; and legumes such as lima beans and green peas.



Calcium

Calcium isn't just for kids. Adults need calcium too. Calcium makes bones and teeth strong and helps muscles work smoothly. Many older Americans, especially women, lose calcium from their bones, which then become brittle and break. This condition is called osteoporosis.

One meal of cheese lasagna provides 65% of the daily value for calcium. This is based on 1,000 milligrams, the daily value for calcium for all calorie levels. The calcium is found in the cheese in the lasagna. Of course, low-fat dairy products are the best sources of calcium and are lower in fat and cholesterol. Other sources of calcium are dark-green, leafy vegetables; broccoli; and baked beans.

Some high-calcium foods such as low-fat milks and yogurts can have a health claim about calcium and osteoporosis. These foods must have at least 20% of the daily value for calcium to be considered high-calcium. A claim might state, "Regular exercise and a healthy diet with enough calcium help teens and young adult white and Asian women maintain good bone health and may reduce their high risk for osteoporosis later in life."

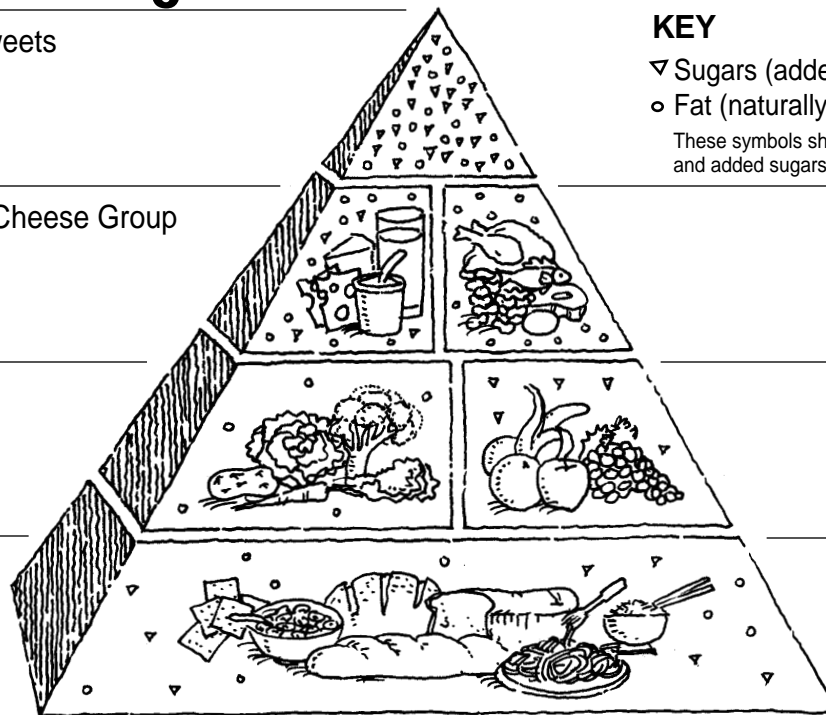
Many people are allergic to milk, and the term *non-dairy* on food labels has been misleading. For example, some products such as coffee whiteners labeled as non-dairy actually contain a protein from milk called caseinate or casein. On the new label, caseinate must be identified as a milk product when it is used in products labeled non-dairy. This will alert people who are sensitive to caseinate so they can choose other products.

Putting It All Together

Fats, Oils, And Sweets
USE SPARINGLY

Milk, Yogurt, And Cheese Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS



KEY

- ▽ Sugars (added)
- Fat (naturally occurring and added)

These symbols show fats, oils, and added sugars in foods.

Meat, Poultry, Fish,
Dry Beans, Eggs,
And Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
And Pasta Group
6-11 SERVINGS

Food Guide Pyramid

The Food Guide Pyramid is an illustrated outline of what to eat each day. The Pyramid may be used as a general guide to choose a healthful diet that's right for you. It supports the recommendations of the food label.

The Pyramid emphasizes eating a variety of foods from different food groups to get the nutrients you need, without getting too many calories. It also focuses on fat and sugar, because Americans eat too much of these nutrients.

The Food Guide Pyramid em-

phasizes foods from the five major food groups that are shown in the three lower levels of the pyramid. Each group provides certain nutrients you need. Foods in one group cannot replace those in another. You need foods from all groups for good health.

What counts as a serving?

Bread, Rice, Cereal, and Pasta

A serving is 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked cereal, rice, or pasta.

Vegetable

A serving is 1 cup raw leafy vegetables; ½ cup of other vegetables, cooked or chopped raw; or ¾ cup vegetable juice.

Fruit

A serving is 1 medium apple, banana, or orange; ½ cup chopped, cooked or canned fruit; or ¾ cup fruit juice.

Milk, Yogurt, and Cheese

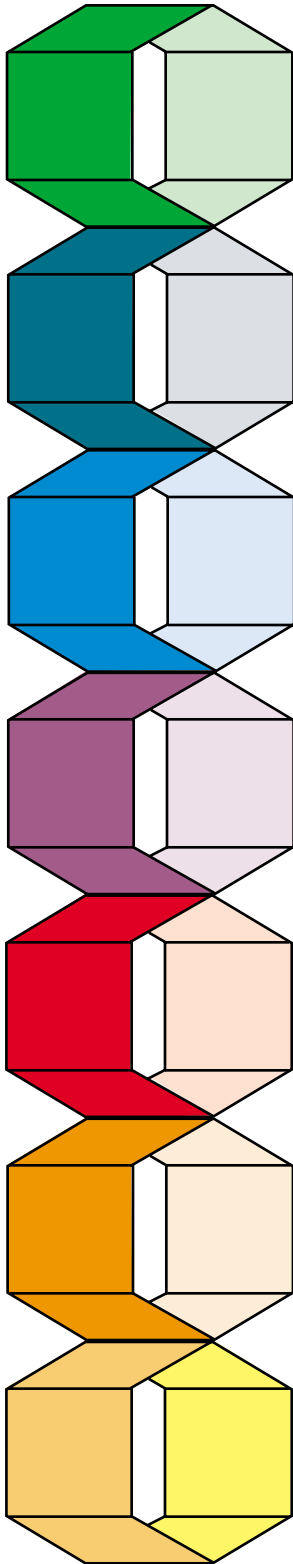
A serving is 1 cup milk or yogurt; 1½ ounce natural cheese; or 2 ounces processed cheese.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

A serving is 2 to 3 ounces cooked lean meat, poultry, or fish; ½ cup cooked dry beans; 1 egg; or 2 tablespoons of peanut butter (the non-meats count as only 1 ounce of lean meat).

Dietary Guidelines For Americans

Besides the Food Guide Pyramid and the *Nutrition Facts* on food labels, there is another help for you in planning a healthy diet. Follow the Dietary Guidelines For Americans. Following these seven guidelines will help you maintain your health and decrease the risk of developing heart disease and some types of cancers. Here are the guidelines and their explanations:



1. Eat a variety of foods. You need more than 40 different nutrients each day for good health. Since no one food provides all the nutrients you need, it's important to eat many different foods each day. Use the Food Guide Pyramid and *Nutrition Facts* to choose a variety of foods from the five food groups. Occasionally choose some foods from the tip of the Pyramid—the fats, oils, and sweets group. Remember, foods in this group are high in fat, sugar, and calories but low in nutritional value. Go easy with foods from this group.

2. Maintain healthy weight. Being overweight increases the risk for developing high blood pressure, heart disease, stroke, and some cancers. Since fat has more than twice as many calories as protein or carbohydrate, a diet low in fat can help you maintain a healthy weight.

3. Choose a diet low in fat, saturated fat, and cholesterol. Eating too much fat, saturated fat, and cholesterol can increase the chance of heart disease and some types of cancer. The food label gives clear information on the fat, saturated fat, and cholesterol content of foods and is a valuable tool to help you cut excess fat and cholesterol from your diet.

4. Choose a diet with plenty of vegetables, fruits, and grain products. These foods are generally low in fat and provide fiber, complex carbohydrates, vitamins, and minerals needed for good health.

5. Use sugars in moderation. Sugary foods have calories but few other nutrients. Most people don't need the extra calories from sugars. Sugars also contribute to tooth decay. Sugars are listed on food labels so you can determine how much sugar you are eating.

6. Use salt and sodium in moderation. Eating too much salt leads to high blood pressure in some people. Reducing sodium intake to 2,400 milligrams or less may help reduce the risk of high blood pressure. Check *Nutrition Facts* to see how much sodium is in foods. You'll probably be surprised!

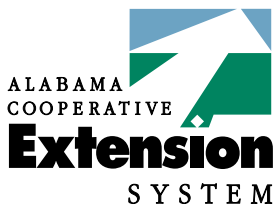
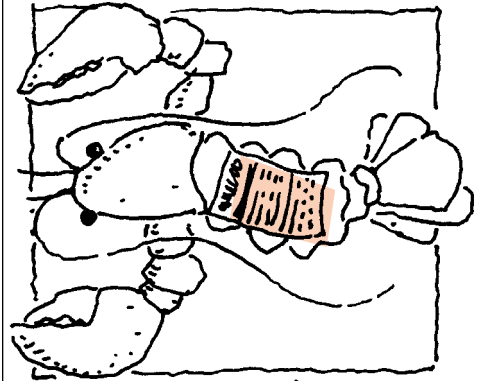
7. If you drink alcoholic beverages, do so in moderation. Alcoholic beverages have calories but little or no other nutrients. Drinking alcohol can cause many health problems and accidents.

The Dietary Guidelines are based on current recommendations from nutrition experts. They help you learn to eat sensibly. You don't have to avoid foods high in fat, saturated fat, cholesterol, sodium, and sugar completely. Just eat them in moderation. It's your average intake over several days, not in a single food or even a single meal, that's important.



The Dietary Guidelines also recommend eating more grain products, fruits, and vegetables, which provide fiber, vitamins, and minerals. Food labels now list fiber, vitamins A and C, and two minerals—iron and calcium. You can easily select foods that contain these nutrients.

With the *Nutrition Facts* on the new food label, the Food Guide Pyramid, and The Dietary Guidelines For Americans, you now have more to help you plan a healthy diet than ever before. Begin using these helps. Your family's health is worth the effort.



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This publication was written by Barbara Struempler, *Extension Nutritionist*, and M. Amanda Brown, *Extension Graduate Assistant*, Nutrition And Food Science, Auburn University. The authors wish to express appreciation to the artist, Bruce Dupree.

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