

# Nutrition In A Nutshell

## FDA: Use The Nutrition Facts Label To Make Healthy Food Choices

(NAPSA)—Since the late 1980's, adult obesity has steadily increased to the point at which more than 65 percent of all Americans are now overweight and over 30 percent are obese. Also, 15 percent of children and adolescents ages 6 to 19 are overweight—nearly double the rate of two decades ago. Prevention of obesity is based on managing energy balance.

The Food and Drug Administration says a great tool to help manage calorie intake is the Nutrition Facts Label on food packages. The label has a lot of useful information, especially the number of calories and serving sizes in your food.

When you select or compare foods, see what the label says about the serving size and calories. Ask yourself these important questions:

What is the serving size?

How many servings are in the container?

How many calories are in a single serving?

Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight). If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when comparing like products.

How many calories are high or low for a serving? This depends on your calorie goal for the day and how you balance your food choices during the day. In general, though, follow this guide to size up calories in a single serving.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g      18%

Saturated Fat 3g      15%

*Trans* Fat 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* 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

**How many calories are in a single serving? The label will tell you.**

General Guide to Calories:

40 calories - LOW

100 calories - MODERATE

400 calories - HIGH

The Nutrition Facts Label is based on a 2,000-calorie diet—but your calorie needs might be different. To find out what your “target” calories per day are, visit [www.mypyramid.gov](http://www.mypyramid.gov). For more information on using the Nutrition Facts Label, go to [www.cfsan.fda.gov/label.html](http://www.cfsan.fda.gov/label.html).