

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: March 2023

Just the Facts of the Nutritional Fact Label

Do you know where or how to find the nutritional facts label or the food label?

Sample Label for Frozen Lasagna

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

1. **Serving Information** – When reading the Nutrition Facts first read the serving information or the number servings per container. Serving sizes are standardized to make it easier to compare similar foods. Servings are provided in familiar units such as pieces or cups followed by the weight in grams.
2. **Calories** – The calories are the number of calories per serving, or how much energy you get from one serving of food. In the provide example one serving is 280 calories. If you consumed the entire package, then you consumed 4 servings and 1,120 calories.

3. **Nutrients** – The nutrients section shows key nutrients that can impact your health positively or negatively. Focus on nutrients you need less of or that you want to limit. You want to limit your consumption of sodium, saturated fats and added sugars. What are added sugars? Added sugars are sugars added during the processing of foods. Diets high in calories from added sugars can make it difficult to meet the daily recommend levels of other key nutrients while staying within calorie limits.
4. **% Daily Value** – The per cent daily value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. The daily values are reference amounts of nutrients to consume or not to exceed each day. You can use the %DV to compare foods and make informed decisions on balancing nutrients.

HEALTHY OR SAFETY REMINDER: The serving size reflects the amount that people typically eat or drink. It is not a recommendation of how much you should eat or drink. 2,000 Calories a day is used as a general guide on nutrition advice, your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level.

This information and more detailed information on Nutritional Fact Labels can be found at [The New Nutrition Facts Label | FDA](#)

Discussion Points/Quiz Questions:

1. What does the serving size information tell you?
2. Why are the amount on nutrients important?
3. How can you use the %DV?