



# Food Labels

Nutrition Facts	
1/2 cup serving	
Calories	95
total fat	0g
sat. fat	0%
trans fat	0%
fiber	1.5 g

- Food labels on food packages contain information about the contents of the package.
- Foods meeting certain nutrient requirements may make health claims on their food label.
- The eight common food allergens must be displayed in plain language on the food label.
- The Nutrition Facts panel found on every food label makes it easier for people to know what is in the food they eat, compare the nutritional content of foods with one another and help one make informed food choices.

## Mini-goals

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

# COMMON FOOD ALLERGENS

Eight common allergens:

- Tree nuts –examples: almonds, walnuts, pecans
- Milk
- Eggs
- Fish
- Crustacean shellfish
- Peanuts
- Soybeans
- Wheat

**“Get the Facts” – Read the Nutrition Facts label.**

Sample Label for  
Macaroni and Cheese

**Start Here**

**Limit these  
Nutrients**

**Get Enough  
of these  
Nutrients**

**Footnote**

<b>Nutrition Facts</b>	
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 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	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

**Quick Guide  
to % DV**

**5% or less  
is low  
20% or more  
is high**

