



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

| 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 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**



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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