

# The Nutrition Facts Label



<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 1/8 Pie (108g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 13g	<b>65%</b>

# The Nutrition Facts Label

In 2016, the nutrition facts label was updated for the first time in 20 years. The new label is easier to read and understand. Over the last five years, companies have been switching to this new label and most packaged foods have it now. You can see an example of the new nutrition label on the Food and Drug Administration website: <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>.

## Changes & What to Look For?

### Serving Size

Serving size tells you how many servings are in a package or container. The serving size will show a common measurement like 1 cup, 1 slice, or 1 jar. The serving size may also be listed as “one package.” This is common for individual or snack items, like a small bag of chips or baby carrots.



Serving size is not a recommendation of how much you should eat. You can decide how many servings of a food you will eat based on your hunger and nutrition needs. The label is a way for you to know how many calories, fat, sodium, sugar, etc. you are consuming.

### Calories

The calories part of the label is now bigger and bolder. How many calories you need is unique to you. You may need more or less calories than your friends or spouse. If you need help figuring out how many calories you need each day, please reach out to your doctor.

## Percent Daily Value

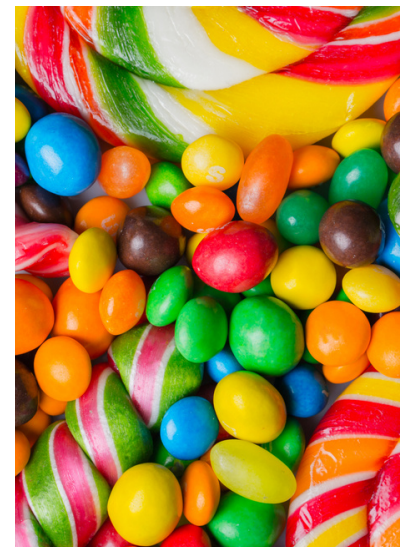
Percent daily value (or % daily value) is found on the right side of the label in bold numbers, like 5%, 10%, or 20%. These numbers give information on nutrient amounts like protein or calcium. If a food has less than 5% of the daily value of a nutrient, it is considered low in that nutrient. If the food has more than 20%, it is considered high.

The daily values are the recommended amount of nutrients to consume each day. The numbers are based on a 2000 calorie per day diet. But, calorie needs vary from person to person. You may need more or less than 2000 calories each day.



## Added Sugars

The updated version of the label includes an “added sugars” line under the “total sugars” part of the label. The addition helps you tell the difference between sugars that naturally occur in a food versus the sugars that are added during processing. For example, juice and yogurt have sugar in them naturally. But, some foods like cupcakes and tomato sauce can have sugar added to them. That is what “added sugars” refers to. Any of the naturally occurring sugars will be included on the “total sugars” line and any sugar added will be included under “added sugars”.



## Potassium

The new label now lists potassium levels, so use it to your advantage. Potassium helps keep our hearts beating and our lungs breathing. Our kidneys filter out any extra potassium because too much can be harmful. If you are on ACE inhibitors or beta-blockers, your doctor might have mentioned that you should limit your potassium intake. If you're unsure if you're on ACE inhibitors or beta-blockers, please reach out to your doctor.





## Fat

The type of fat that you eat is just as important as how much fat you eat. The nutrition label tells you how much total fat is in a food. It also breaks down how much saturated fat and trans fat is included. Saturated fat and trans fat can have a harmful impact on your heart health, so it is important to be aware of how much a serving of food contains.



## Sodium

Packaged food is known for having a lot of sodium in it. It can be hard to keep the amount of sodium you consume low, but doing so can bring many health benefits. Aim for less than 500 mg of sodium per meal. Use the percent daily value, noted on the label, to help you pick the best option for your health.



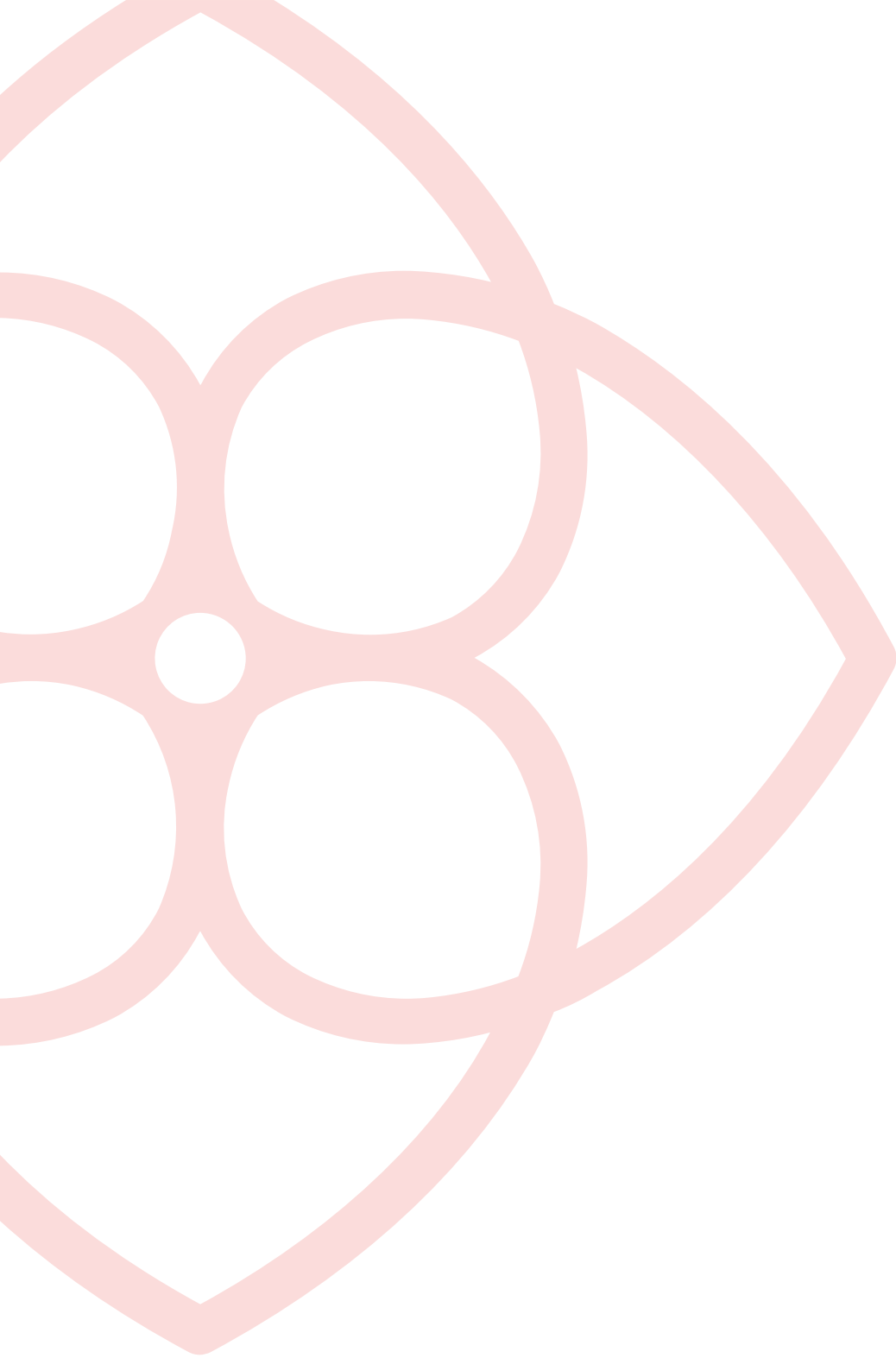
## Vitamin D

The updated label now helps you identify a food's vitamin D levels. Vitamin D helps improve immune function, boost mood, and support muscle and bone health. Not having enough vitamin D in your body is common so it is important to be aware of how much vitamin D you are eating.



### From Lesson to Action

There is a lot of information on the nutrition facts label. Which part of the label will you pay most attention to now when grocery shopping?



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