

How to Read a Nutrition Facts Label

Understanding what the Nutrition Facts Label means can help you make smart food choices that are best for your health.

1 Serving Size & Servings Per Container

We're used to saying "portion" or "helping" when we talk about how much we eat. "Serving size" is the official term used on food labels. Nutrition facts given on the food label are based on one serving.

Be sure to look at the number of servings in the container. Even small containers may have more than one serving. If you eat the whole container, then you must multiply the nutrition values by the number of servings in the container.

2 Amount of Calories

The calories listed are for one serving of the food. Keep in mind your total daily calorie needs. "Calories from fat" tells how many fat calories there are in one serving. Remember, a product that is fat-free isn't necessarily calorie-free.

3 *Percent Daily Values (DV)

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. **Tip:** 5% DV or less is low, 20% or more is high. You will not find a % DV for trans fat, Sugars, or Protein (refer to the bottom box for Percent Daily Values for a 2,000 and 2,500 calorie diet).

4 Limit these Nutrients

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Limit these nutrients.

Nutrition Facts

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

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 660 mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 15%

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:	2000	2500
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 Carbohydrates			300mg	375mg
Dietary Fiber			25g	30g

5 Get Enough of These Nutrients

Americans often don't get enough dietary fiber, Vitamin A, Vitamin C, Calcium, and Potassium in their diets.

- Look for choices that have at least 1 gram of fiber.
- Aim for 20–35 grams of fiber per day.
- Compare the number of grams (g) of sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added.

FOOD LABELING REQUIREMENTS AND GUIDELINES

BASIC LABEL INFORMATION

Oregon Department of Agriculture – Food Safety Division

Information Panel - This is the area normally to the right of the principal display panel. On a box, it would be the label on the right side of the package; on a jar it would be directly to the right of the principal display panel. The labeling requirements are designed to provide the consumer with a consistent arrangement of information on packaged foods. The information panel must contain certain information in a specified order.

3. **Nutrition Facts** - Most packaged foods require a nutrition fact statement panel. Some firms may qualify for an exemption of the nutritional facts statement. A manufacturer that meets the requirements in 21 CFR 101.9 (f) can file for the exemption.

If a nutritional claim is made on a packaged food, a nutrition facts panel is required.

4. **Ingredient Statement** - This statement is located below the nutrition facts and above the manufacturer or distributor information. The ingredients including food colorings and chemical preservatives must be listed in descending order of predominance by weight or volume. If less than 2% by weight, the ingredient can be listed at the end with a statement "contains 2% or less of ____". The ingredient shall be the specific name of the ingredient except that certain spices and flavorings need to be declared according to regulation (21 CFR 101.22). An ingredient that contains two or more sub-ingredients may be declared by the common name but must also list in parentheses all the ingredients that are in the particular ingredient. If the ingredient label has specific allergen information, it must be carried over to your manufactured packaged food (e.g., if M & M's are used in cookies, the warning on the M & M package about the possibility of containing peanuts must be carried over to your manufactured food label.)

5. **Place of Address** - The place of business is located on the lower portion of the information panel. The name, street address, city, state and zip code of the food manufacturer or the distributor must be listed. If the company name is correctly listed and can be found in the local phone book, the actual physical street address is not required. A telephone number or an e-mail address may be listed but is not a requirement. When the person whose name appears on the label does not manufacture the packaged food, the name shall reflect the connection of the person with the appropriate term "manufactured by" or "distributed by".

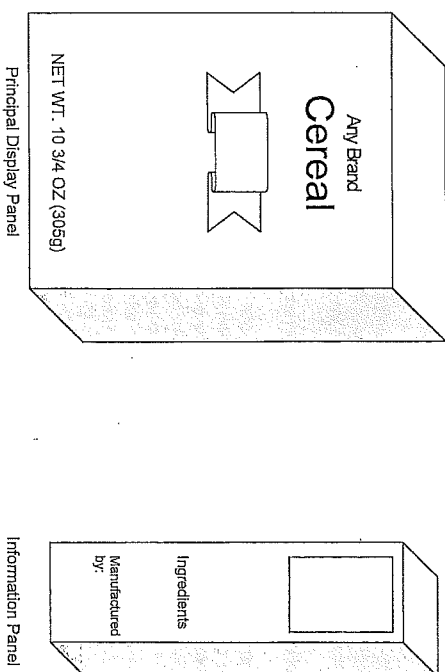
Additional Requirements - Many manufactured foods may have further requirements, for example:

- Bottled water has additional labeling requirements about the source (21 CFR 165.110)
- Perishable foods are required to have a pull date (OAR 603-025-0800) and should be labeled "Keep Refrigerated".
- **SAFE HANDLING INSTRUCTIONS** are required on certain types of foods (i.e., meats, eggs, juice)

"A FOOD LABELING GUIDE", is a 65 page booklet available on FDA's web site, <http://www.cfsan.fda.gov> or specific regulations can be found in the Code of Federal Regulations, 21 CFR 101. Labeling questions can be answered by your Food Safety Specialist or by calling the Salem office (503) 986-4720 of the Oregon Department of Agriculture.

April 2007

There are many rules and regulations governing food labeling. All foods packaged for retail sale must be properly labeled. There are 5 mandatory requirement areas that must be on the label.



Principal Display Panel - As you look at the front of the package, the entire surface area that you can see is referred to as the face or principal display panel. The height times the width of this entire surface determines the font size requirement of the label that is affixed to the front of the Principal Display Panel. The principal display panel must contain certain information in a specific order or location and be of specific type size. Although a brand name may appear on the principal display panel, this is voluntary.

1. **Product Identity** - The truthful or common name of the product that is contained in the package. This is required to be in the middle portion of the Principal display panel front label. The product identity must be dominant and stand out from all other print and pictures on the package. Bold and contrasting type is the normal method of achieving this. Minimum type height is 1/16".
2. **Net Weight** - Must be located in the lower 30% of the principal display panel. No other type can be placed adjacent to or below the net weight. The net weight or volume must be in both the US lbs/oz (Avoiding oz.) and metric scale. "Net Wt. 12 oz (340 g)" for a dry product and "Net Wt. 32 fl. oz (1QT) 946 ml" for a liquid product. Minimum type height is 1/16th". In some instances, count instead of weight may be used. The net weight must be listed as the minimum net weight, not by the average net weight. Net weight is the gross weight minus the tare weight of the packaging.