

DEMYSTIFYING FOOD LABELS & TERMINOLOGY

TERMS

All Natural

- Does not contain artificial ingredients or preservatives and the ingredients are only minimally processed.
- All natural products may contain antibiotics, growth hormones, and other similar chemicals.

Whole Grains

- Unrefined grains that haven't had their germ and bran removed through milling.
- Have more fiber and other nutrients than refined grains, making them the healthier option.

No Sugar Added

- Does not contain added sugar, but still may contain natural sugar, carbohydrates, and calories.
- Many foods, including fruit, milk, cereal, and vegetables naturally contain sugar.

Zero Trans Fat

- Contains less than .5 grams of trans fat per serving.
- Check for ingredients such as hydrogenated oils and shortening, which mean trans fats can be present.

Fat Free

- Contains less than .5 grams of fat for a given reference amount.
- Fat-free products may not contain saturated or trans fats, but they can still be loaded with sugar.

Gluten Free

- Does not contain gluten, a protein found in grains like wheat or rye.
- Gluten-free products are essential for those with celiac disease or gluten intolerance, but don't have proven benefits for the general population.

Cholesterol Free

- Contains less than 2 milligrams of cholesterol per serving.
- The American Heart Association (AHA) recommends people consume less than 300 milligrams of cholesterol a day.

Organic

- Consists of at least 95% organically-produced ingredients and cannot be produced with any antibiotics, growth hormones, pesticides, petroleum, or sewage-sludge based fertilizers, bioengineering, or ionizing radiation.
- The use of the organic label requires USDA certification.

Lightly Sweetened

- Not defined by the FDA, companies can decide that they consider their products to be lightly sweetened.

UNDERSTANDING FOOD LABELS

Nutrition Facts			
Serving Size 1 (228 g)			
Servings Per Container 2			
Amount Per Serving			
Calories 280		Calories from Fat 120	
% Daily Value*			
Total Fat	13g	20%	
Saturated Fat	5g	25%	
Trans Fat	2g		
Cholesterol	30mg	10%	
Sodium	680mg	28%	
Total Carbohydrate	31g	10%	
Dietary Fiber	0g	0%	
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	2,000 2,500
Total Fat	Less than	25g	30g
Sat Fat	Less than	30g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary fiber		25g	30g

1

Serving Information

This tells you the size of a single serving and the total number of servings per container (package).

2

Calories Per Serving

Calories provide a measure of how much energy you get from a serving of this food.

3

The Nutrients - How Much

AHA recommends limiting these nutrients: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 milligrams of sodium.

4

Nutrients You Need

Make sure you get enough beneficial nutrients including dietary fiber, protein, calcium, iron, vitamins, and other nutrients every day.

5

The Percent Daily Value (%DV)

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount.



My Wellness Road Trip

1. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Understanding-Food-Nutrition-Labels_UCM_300132_Article.jsp#.vVRKrHrniap
2. <http://www.gcbi.org/live/food/healthy-diet/what-do-food-labels-really-mean>
3. <http://www.health.com/health/gallery/0,,20599288,00.html>
4. <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>
5. <http://www.gcbi.org/live/food/healthy-diet/what-do-food-labels-really-mean>
6. <http://www.webmd.com/food-recipes/definitions-glossary>
7. <http://www.fda.gov/aboutfda/transparency/basics/ucm214868.htm>
8. http://agclass.nal.usda.gov/glossary_az.shtml

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