



### *WHAT CAN WE LEARN FROM THE FOOD LABEL?*

- **Reading the label**
  - **Serving size**
  - Number of servings (Discuss portion size)
  - **Total calories per serving/per item** (if not equal to the serving size)
  - **Total fat per serving/per item** (if not equal to the serving size)
  - Saturated fat per serving
  - Carbohydrate/Sugar/Fiber
  - % Daily Value – relates to individuals, not environment
  - Ingredient list
    - Ex: Compare bread ingredient list (whole grain) and fiber content
  
- **What foods are “fat-free” or “no fat”?**
  - =0 g fat/serving
  
- **What foods are “low-fat”?**
  - ≤ 3 g fat/serving (package or beverage)
  - ≤ 5 g fat/serving (entrée or meat)
  
- **Package and servings sizes**
  - Serving sizes for who?! - Portions
  - Comparability is essential to accurate measurement
  - Producers have come up with new package sizes – so be on the lookout