

Nutrition Labels

- Serving Size and Servings Per Container
- Calories
- Fat
- Cholesterol
- Sodium
- Carbohydrates
- Protein
- Vitamins and Minerals

Nutrition Facts

16 servings per container

Serving size 1 Tbsp. (21g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Total Sugars 17g

34%[†]

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[†] One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.

Serving Size and Servings Per Container

This label shows a serving size of 1 tablespoon. That means that all of the rest of the information on the label is based on a serving size of 1 tablespoon. There are also 16 servings in the complete package. Therefore, the entire container has 16 tablespoons.

Calories

The label shows that one serving equals 60 calories. It is important to remember that there are 60 calories in each serving. If you were to eat the entire container, you would consume 960 calories.

Fat

Fat is listed as total fat, saturated fat, and now food manufacturers are required to list trans fats on the label. It is important to limit fats. If you were to consume a 2,000 calorie diet daily, you should consume less than 65 grams of total fats, less than 20 grams of saturated fats and only trace amounts of trans fats. Trans fats are harmful because they raise our risk of coronary heart disease by clogging arteries. This can cause a clog in the arteries leading to the heart and brain which can cause a heart attack or stroke.

Cholesterol

Cholesterol is also another item that needs to be limited. For a 2,000 calorie diet, you should not consume more than 300mg of cholesterol daily. We need cholesterol to digest foods, make hormones, make some vitamins and build cell walls. It is the amount of cholesterol that needs to be controlled because too much cholesterol can cause atherosclerosis, heart attack and stroke.

Sodium

Many Americans consume too much sodium. The current recommendation is to consume less than 2,300mg daily. Too much sodium in the diet can lead to high blood pressure and increase your risk of developing heart disease and stroke.

Carbohydrates

Carbohydrates are important to the body because they are the preferred fuel for most body functions. The label shows the total number of grams of carbohydrates and then also the number of grams of fiber and sugar. Fiber is very beneficial to the body. Most foods high in fiber often contain a large amount of vitamins and minerals. Fiber helps to prevent and/or treat constipation, diverticulosis, irritable bowel syndrome, hemorrhoids and help with removing cholesterol from the body, regularity, colon cancer, weight and diabetes. The recommended amount of fiber per day is 21 to 38 grams per day for adults.

Protein

Protein is what the body uses to make muscles, bones and skin. Protein also helps to build and repair tissue, form antibodies to fight off infection and give the body energy.

Vitamins and Minerals

As we reviewed in the previous slides, vitamins and minerals are important for a variety of reasons and help maintain a healthy diet.

The nutrition facts label lists the % daily value for each of the listed items on the label. The % daily value tells you how much a nutrient in a serving of food contributes to a daily diet based on a 2,000 calorie diet. So the nutrition facts label above has 17 grams of sugar and represents 34% of the daily value for added sugar based on a 2,000 calorie diet.