

# What's in a Label?

Nutrition Facts			
Serving size 1 bar (24g)			
Amount per serving			
Calories 100		Calories from Fat 25	
%daily value			
Total Fat	2.5g	4%	
Saturated Fat	1g	4%	
Trans Fat	0g		
Sodium	85mg	3%	
Total Carbohydrate	19g	6%	
Dietary Fiber	1g	3%	
Sugars	8g		
Protein	1g		
Calcium	8%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric intake.			
	Calories	2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Ingredients: Granola, whole grain rolled oats, brown sugar, crisp rice, whole grain rolled wheat, partially hydrogenated oil, dried coconut, whole wheat flour, sodium high fructose corn syrup, sugar, corn syrup solids			

Pay attention to **servicing size** as there may be more than one serving per container!

Is there a healthy fat? According to the American Dietetic Association, **unsaturated fats** are proponents of a heart healthy diet; on the other hand, **saturated fats** raise LDL cholesterol (bad cholesterol) and lower HDL cholesterol (good cholesterol.) All fats are rich in calories and should be used sparingly, especially to help you lose weight.

The Percent **Daily Value (%DV)** indicates the percentage of nutrients needed to maintain a healthy lifestyle. Five percent (5%) of a given nutrient is considered low, while twenty percent (20%) is considered high. The table at the bottom of each label indicates the amount (in grams) of fats, carbohydrates, etc. appropriate for a 2,000 calorie diet.

“**Trans Fat**” refers to the way in which certain fats are chemically organized. Diets containing trans fats are associated with increased blood cholesterol levels and increased risk for heart disease. Avoid foods containing *partially hydrogenated oil (a.k.a trans fat)*, including many snack foods.

Packages can be deceiving, look for the words “**whole grain**” in the ingredient list. Consuming whole grain products can reduce your risk of heart disease, stroke, type 2 diabetes, many types of cancers and digestion problems.

Always remember to check the **ingredient list**; here are a few things to remember:

1. Ingredients are listed in the order of amount by weight, greatest to least.
2. Beware of foods that have sugar listed among the first few ingredients. It may also be listed as any of the following:
  - High-fructose corn syrup
  - Sucrose
  - Dextrose
  - Fructose
  - Glucose

See <http://www.fda.gov/opacom/backgrounders/foodlabel/newlabel.html> for more information

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