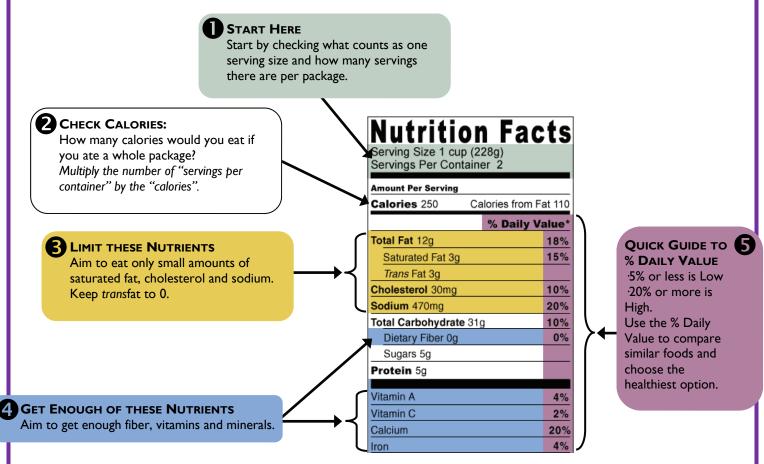


## **Understanding Food Labels**

What can I use the Nutrition Facts label for?

- Getting a general idea about what's in a food (i.e. how nutritious a food is).
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.



## Watch out for these common misconceptions:

- Assuming sugar-free or fat-free means calorie-free; it's not true!
- Buying something because it says "organic", "natural", "multigrain" or has some other "healthy" claim. These statements do not mean a product is good for you!
- Assuming that because a package looks like it should only be one serving it actually is. Many beverage bottles and packages of chips, cookies and candy are actually 2 or 3 servings!

For more information visit us at <u>https://5210.psu.edu</u> or email at <u>5210@psu.edu</u>.

Reference

The U.S.Food and Drug Administration. (2000). How to understand and use the nutrition facts label. Retrieved from http://www.fda.gov/Food/ IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#twoparts

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