



# READING A NUTRITION LABEL



<b>Nutrition Facts</b>	
Serving size	1 potato (148g/5.2oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* 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.

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Serving size: Check how many servings are in a package and what **one** serving is

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Calorie amount: Total calories in **one** serving

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### Limit these Nutrients

Total Fat: limit to 3g per 100 calories or less than **1/3 calories** from fat

Saturated Fat: no more than 6% of total calories

Cholesterol: max of **300mg** per day

Sodium: max of **2,300 mg** per day

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### Get Enough of These

Fiber: look for foods with **5g** or more

Vitamins & Minerals: look for foods that have high amounts of these micronutrients

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### Percent Daily Value

**5%** or less: low in nutrient  
**10-19%**: good source  
**20%** or more: high in nutrient

## Other Nutrients Listed on the Label

- **Carbohydrates** — There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta in addition to fruits and vegetables.
- **Sugars** — Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose). Try to limit added sugars to **25g or less per day**.
- **Protein** — This macronutrient should account for 10-35% of your total caloric intake per day or about **.8kg per 1kg of body weight**. A person weighing 200 lbs (91kg) needs around 73g of protein per day. A 4oz. chicken breast contains about 25g. Other good sources include beans, nuts, seafood, eggs and other lean meats.

## Check the Ingredients List

- Foods with more than one ingredient must have an ingredient list on the label.
- Ingredients are listed in descending order by weight.
- Those in the largest amounts are listed first.
- Choose labels that have fewer ingredients.
- Choose labels with ingredients you recognize and can pronounce.

For additional food and nutrition information visit: [www.eatright.org](http://www.eatright.org)

**Contact your onsite Health Coach for more information:**

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