

Nutrition Labels

A number of consumer studies conducted by the Food and Drug Administration (FDA) and other outside groups enabled the FDA and the Food Safety and Inspection Service of the US Department of Agriculture (USDA) to agree on a nutrition label. This label helps you make informed choices and understand how a particular food fits into your total daily diet.

Serving sizes in both household and metric measures.

Nutrients required in the nutrition panel are those most important to your health.

Helps you meet dietary guidelines recommending no more than 30 percent of calories from fat.

% Daily Value shows how a food fits into your overall daily diet.

Reference values help you learn good diet basics. They can be adjusted, depending on your calorie needs.

A conversion guide helps you learn the caloric value of energy-producing nutrients.

Nutrition Facts

Serv. Size: 1 cup (228g)
Servings Per Container 2

Amount per serving:
Calories 260 Calories from Fat 120

	%Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0	0%
Sugars 5g	
Protein 5g	0%

Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

		Calories:	2,000	2,500
Total Fat	Less than		65g	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

Calories per gram:
Fat 9 • Carbohydrate 2 • Protein 4

Label sizes may vary depending upon the size of the package or the nutrient value of the product.

Meat & Poultry Products

The FDA handles labeling on approximately 70 percent of the food items you find in the grocery store. USDA's Food Safety and Inspection Service approves the labels on the other 30 percent (meat and poultry products).

Like the FDA's labels, meat and poultry labels carry a nutrition panel. The important parts of these labels are:

- **Product Name and Illustration.**
- **Name and Address of Producer or Distributor.** You can contact this company if you have a problem or questions about the product.
- **Inspection Mark.** The round USDA stamp shows a meat or poultry product has been inspected and approved.
- **Ingredients and Net Weight.** Ingredients must be listed by their common names. They are listed in order from highest to lowest amounts. The net weight must be shown in pounds or fluid ounces.
- **Establishment Number.** Tells you the plant where the product was processed. Usually found inside the USDA inspection stamp, otherwise, it must be easily visible on the container or label. Always preceded by "EST." for meat products, "P." for poultry products.
- **Handling Instructions.** Products which require special handling to stay safe must say so on the face of the label.

