



Shopping For Food

Read Food Labels to Choose Healthy Foods

1. Food labels give lots of information like:
 - serving size
 - calories
 - amount of fat in a serving
2. Look on the front of the package for facts like “high fiber”.

High Fiber **No Cholesterol** **Fat Free**

3. Look at the “Nutrition Facts” on the side or the back of the package to learn about nutritional values.
4. Food values like “calories” are for the serving size printed on the label.
5. Look at the ingredient list to learn what is in the food.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	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 4 • Protein 4	

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Developed by: A team of University of Illinois Extension Consumer & Family Economics and Nutrition & Wellness Educators