

Food Labels



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital Newport Hospital

Delivering health with care.®

Center For Cardiac Fitness Cardiac Rehab Program The Miriam Hospital

Label reading

- When should you read labels?
- What is important to look for on a label?
- Is reading the front of a package en

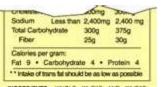


Sample label for				
	Macaroni & Cheese			
	Nutrition Facts			
(1) Start Here	Serving Size 1 cup (228g) Servings Per Container 2			
)	Cervings r er Container 2			
	Amount Per Serving			
(2) Check Calories	Calories 250 Calories from Fat 110			
	% Daily Value* 6			
	Total Fat 12g		18%	0
(3) Limit these	Saturated Fat 3g		15%	
Nutrients	Trans Fat 3g			Quick Guide
	Cholesterol 30mg		10%	to % DV
	Sodium 470mg		20%	
	Total Carbohydrate 31g		10%	
	Dietary Fiber 0g		0%	• 5% or less
	Sugars 5g			is Low
	Protein 5g			
Cat Enguet				 20% or more
4 Get Enough			4%	is High
of these	Vitamin C 2%			
Nutrients	Calcium		20%	
,	Iron	4 0 000 -	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	
5 Footnote	Total Fat Less than Sat Fat Less than	65g 20g	80g 25g	
	Cholesterol Less than	20g 300mg	20g 300mg	
\	Sodium Less than	2,400mg	2,400mg	
	Total Carbohydrate	300g	375g	
\	Dietary Fiber	25g	30g	

Ingredient list

Listed in order from most to least!





INGREDENTS: WHICLE WHILT AND WHILT FLOUR SALL SPICES NOC FLOUR WHICK DOWN STANDH, LEANENNG ISCOULM BICARDONATE SOCIAL ALIMINIAN PHOSPHATE, MONCALCIAN PICSPHATE, BEET POWDER, PAPIRA, CALCIAN SULATE, NON-AT MILK POWDER, EXTRACT OF PAPIRA, CONTANT, NO CARLO, POWDER, OLIVITA SULATING AGENT), NO GARLO, POWDER,

What else should you look for?

- Allergy information if you have allergies
- 8 most allergenic foods required



Meaningless health claims!

- Lightly sweetened
- A good source of fiber
- Strengthens your immune system
- Made with real fruit
- Made with whole grains
- All natural

NY Times Articles (Jan 28, 2010) "Six Meaningless Claims on Food Labels" based on C.S.P.I. report

Symbols you can trust







Points to remember

- Always read food labels
- Look for % daily values (5 20%)
- Compare foods at the grocery store
- Don't be swayed by package claims
- Look for healthy ingredients

