Using the New Nutrition Facts Label

• Bulletin Board
• Created by Alyssa Tripp, SIU Dietetic Intern
• Resources:


2) Read the Food Label. *USDA ChooseMyPlate*. Retrieved February 12, 2018 from [https://www.fda.gov/Food/LabelingNutrition/ucm20026097.htm](https://www.fda.gov/Food/LabelingNutrition/ucm20026097.htm)
This slide is not intended to be used on the bulletin board, but as a visual guide of how the board might be set up.
New Facts
Nutrition
Label
Label
Check out the Changes:
Nutrition Facts
2 servings per container
Serving size 1 cup (140g)

Amount per serving
Calories 160

% Daily Value*
Total Fat 8g 10%
  Saturated Fat 3g 15%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 60mg 3%
Total Carbohydrate 21g 8%
  Dietary Fiber 3g 11%
  Total Sugars 15g
    Includes 5g Added Sugars 10%
Protein 3g

Vitamin D 5mcg 25%
Calcium 20mg 2%
Iron 1mg 6%
Potassium 230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings per container</th>
<th>8 servings per container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>2/3 cup (55g)</td>
</tr>
</tbody>
</table>

Updated to reflect what people actually eat and drink:

**Serving size** – the amount of food that is normally eaten at one time

**Servings per container** – total number of servings in the package

↓ Lift for More! ↓
Serving sizes that changed:

- Ice cream – ½ cup to 1 cup
- Soda – 8 ounces to 12 ounces
- Yogurt – 8 ounces to 6 ounces
Now larger & bolder!

Calories - How much energy you get from one serving of the food.

Lift for More!
How can you tell if the amount of calories is a little or a lot?

*Remember the Rule!*

- 100 calories/serving – moderate
- 400 calories/serving - high
What is a nutrient?

Found in the foods we eat, nutrients grow and repair of our body.
This is a guide to the nutrients in one serving of food.

Use % Daily Values (DV) to decide if a serving of food is high or low in a nutrient.
To decide if a food is high or low in a nutrient – *Remember the Rule!*

- 5% DV or less per serving = Low
  - Get less fat, cholesterol, sodium, and added sugar

- 20% DV or more/serving = High
  - Get more fiber, vitamin D, calcium, iron, and potassium
How Would You Choose WIC Juice?
<table>
<thead>
<tr>
<th>Current Label</th>
<th>New Label</th>
</tr>
</thead>
<tbody>
<tr>
<td>• must be 100% juice and have 120% or more Vitamin C</td>
<td>• must be 100% juice and have 80% or more Vitamin C</td>
</tr>
</tbody>
</table>

To help you choose the right juice:

1. Find the Nutrition Facts Label
2. Find the % Daily Value Column
3. Find Vitamin C
4. Is 120% or more listed?
   or
   Is 80% or more listed?
Changes with Nutrients

New:
“Added” Sugars

• Limit to no more than 10% each day

Vitamin D & Potassium

• Most people don’t get enough of these each day!

Removed: Vitamins A & C

↓ Lift for More! ↓
Nutrients to get less of:

- Saturated Fat
- Trans Fat
- Sodium
- Added Sugar

Diets high in these can increase the risk of high blood pressure, heart disease, and diabetes.

Nutrients to get more of:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Diets high in these can decrease the risk of high blood pressure, heart disease, osteoporosis, and anemia.
Using the New Nutrition Facts Label

Name:  
Date:  

I can use serving sizes on the food label to…

☐ Help me decide how much of the food I should eat.
☐ Help me control my portion sizes.
☐ Help me decide which food is a better deal when shopping.

I can use calories on the food label to…

☐ Help me pick the healthier option between 2 foods.
☐ Help me keep track of the calories I eat each day.
Help me decide if a food has low, moderate, or high calories per serving.

I can use the nutrients on the food label to…

☐ Help me pick the foods that have more healthy nutrients.
☐ Make my diet more healthy overall.
☐ Help me notice the amount of nutrients that are in my food.

I can use the Daily Values on the food label to…

☐ Make sure I am getting enough of the nutrients I need to be healthy.
☐ Help me pick foods with more healthy nutrients.
☐ Help me see if the food I choose is high in healthy nutrients.

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2 servings per container
Serving size 1 cup (140g)

Amount per serving
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% Daily Value*
Total Fat 8g 10%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 960mg 3%
Total Carbohydrate 21g 8%
Dietary Fiber 3g 11%
Total Sugars 15g
Includes 5g Added Sugars 10%
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For more information on using the food label to choose healthy foods, visit: www.fda.gov/Food/GuidanceRegulation or www.choosemyplate.gov/budget-food-label

Would you like to talk to a WIC Nutritionist/Nurse today?
Yes ☐  No ☐