

Portion Control and Reading a Nutrition Facts Label



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Become a healthy eating detective!

- A label provides knowledge of what's in the food but doesn't always make it clear if it's healthy or less healthy.



- Knowing how to use the information given is the best way to decide if it's the best thing for

New label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* 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.</small>	

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.



Start with serving size

Everything listed is what the amount is for 1 serving. Pay attention to how many servings you are having.

If you are having 2 servings (or 1 cup) of this product how many calories are you eating?

= 220 calories

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container About 3.5	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Potassium 300mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Folic Acid 0%	

* 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

Nutrition Facts

Serving Size ½ cup (130g)

Servings Per Container About 3.5

Amount Per Serving

Calories 110 **Calories from Fat** 20

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Potassium 300mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

Folic Acid 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Good to pay attention to if have goals for weight loss or weight gain.

Excess calories eaten= weight gain

Less calories eaten, then calories burned= weight loss.



Total Fat

Includes heart healthy and unhealthy fats in label.

Limit saturated and trans fats that can contribute to heart disease.

Monounsaturated and polyunsaturated fats are more heart healthy.

If trying to lose weight may aim for lower fat items, as fat is very dense in calories.

Low fat = 3 grams or less

Nutrition Facts	
Serving Size ½ cup (130g) Servings Per Container About 3.5	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
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Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Folic Acid 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Sodium/Salt

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

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Try to keep this low. Only 1 tsp or 2300 mg a day is recommended.

Foods that are very high in salt: packaged/processed foods, canned foods, frozen tv dinners, cured/processed meats (sausage/bacon), dressings/sauces

If sodium is higher then calories easy way to tell if is high sodium



Carbs, Fiber & Sugar

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 700mg 7%

Total Carbohydrate 37g 13%

→ Dietary Fiber 4g 14%

Total Sugars 12g

→ Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

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Total carbs is a total of all sugars, starches and fiber.

Aim for HIGH fiber-- helps with cholesterol, regulate blood sugars, and regulate bowels.

Aim for LOW sugar, and avoid foods with ADDED sugar (aim for 0 grams). This is what they are adding to the product in addition to the natural sugar that may be in there.

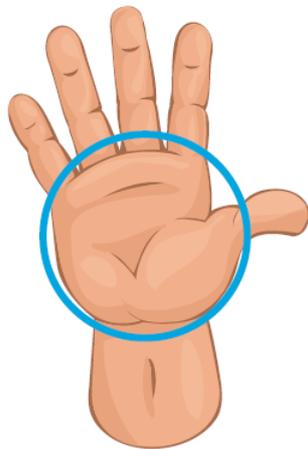
For those with diabetes, may need to portion/limit overall carb intake.



Protein

Protein helps us feel full, and is needed for many functions of the body. These foods include lean meats/poultry, fish, eggs, and low fat dairy

Use the palm of your hand to determine good amount of protein foods



A palm equals about 3 ounces

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

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TOP VEGETARIAN PROTEIN SOURCES



Greek Yogurt
23 grams of protein
per cup



Lentils
4 grams of protein
per 1/4 cup (cooked)



Beans
(chickpeas, black
beans, etc.) 4 grams
of protein per 1/4 cup



Cottage Cheese
14 grams of protein
per 1/2 cup



Hemp Seeds
4 grams of protein
per 1 tablespoon



Chia Seeds
3 grams of protein
per 1 tablespoon



Edamame
5 grams of protein
per 1/4 cup (shelled)



Green Peas
8 grams of
protein per cup



Quinoa
8 grams of protein
per cup (cooked)



Peanut Butter
3.5 grams of protein
per 1 tablespoon



Almonds
3 grams per 1/2
ounce



Eggs
6 grams of protein
per large egg

EatingWell

We can also get protein from plants. These are great sources as well because they are usually high in fiber, healthy fats, and vitamins/minerals.



% Daily Value

- **5% DV** or less means food is considered LOW in that nutrient
- **20% DV** or more means food is high in that nutrient
- Avoid products with a long list of ingredients—these are more processed and have many additives that aren't good for us. The less added ingredients the better.
- Get more of these:
 - Fiber, vitamins/minerals (i.e. calcium, iron, and potassium)
- Keep these low:
 - Saturated fats, trans fats, cholesterol, sodium



Which do you think is
a better snack?



A great on-the-go snack that also adds crunch, flavor, and protein to your salads, avocado toast, oatmeal, yogurt, trail mixes, baked goods, and soups!

Nutrition Facts

22 servings per container
Serving size 1/4 cup (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	8%
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 182mg	4%
Phosphorus 280mg	20%
Magnesium 137mg	35%
Zinc 2mg	20%
Copper 0.4mg	45%
Manganese 1.2mg	50%

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INGREDIENTS: Organic Sprouted Pumpkin Seeds, Sea Salt

Distributed by:
Freeland Foods, Northbrook, IL 60062
Certified Organic by: Organic Certifiers

Nutrition Facts

About 9 servings per container
Serving size About 10 chips (28g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	0%
Potassium 40mg	0%

Not a significant source of added sugars.

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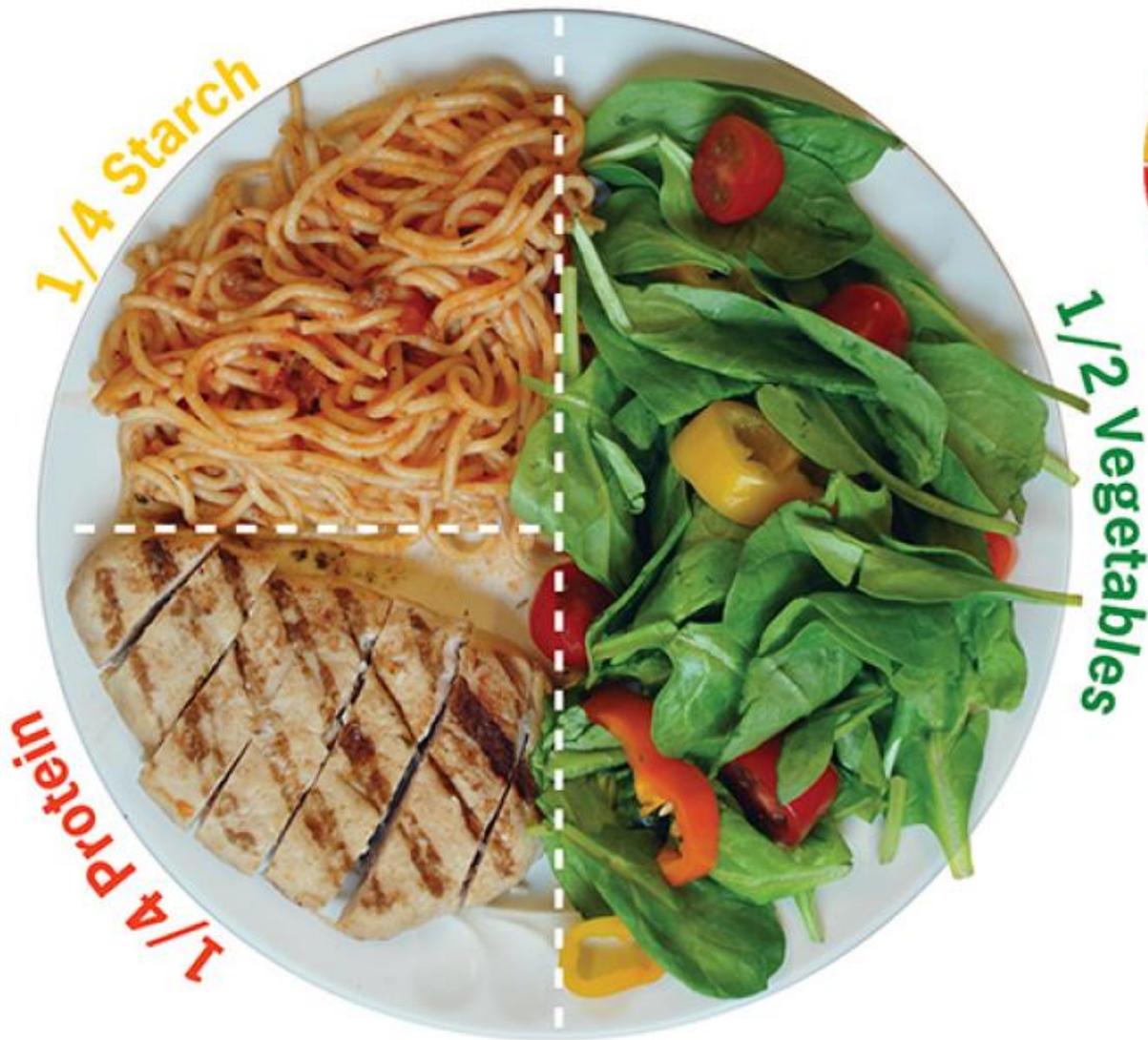
INGREDIENTS: Corn, Corn Oil, Spicy Jalapeño Seasoning (Maltodextrin [Made from Corn], Salt, Monosodium Glutamate, Whey, Dextrose, Spices, Natural Flavors, Onion Powder, Sodium Diacetate, Sugar, Sour Cream [Cultured Cream, Skim Milk], Modified Corn Starch, Sunflower Oil, Canola Oil, Corn Syrup Solids, Garlic Powder, Jalapeño Peppers, and Artificial Flavor).

CONTAINS MILK INGREDIENTS.

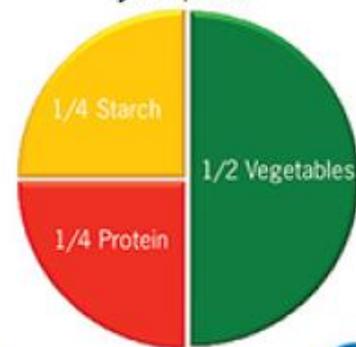
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My Healthy Plate



Plan the portions on your plate.



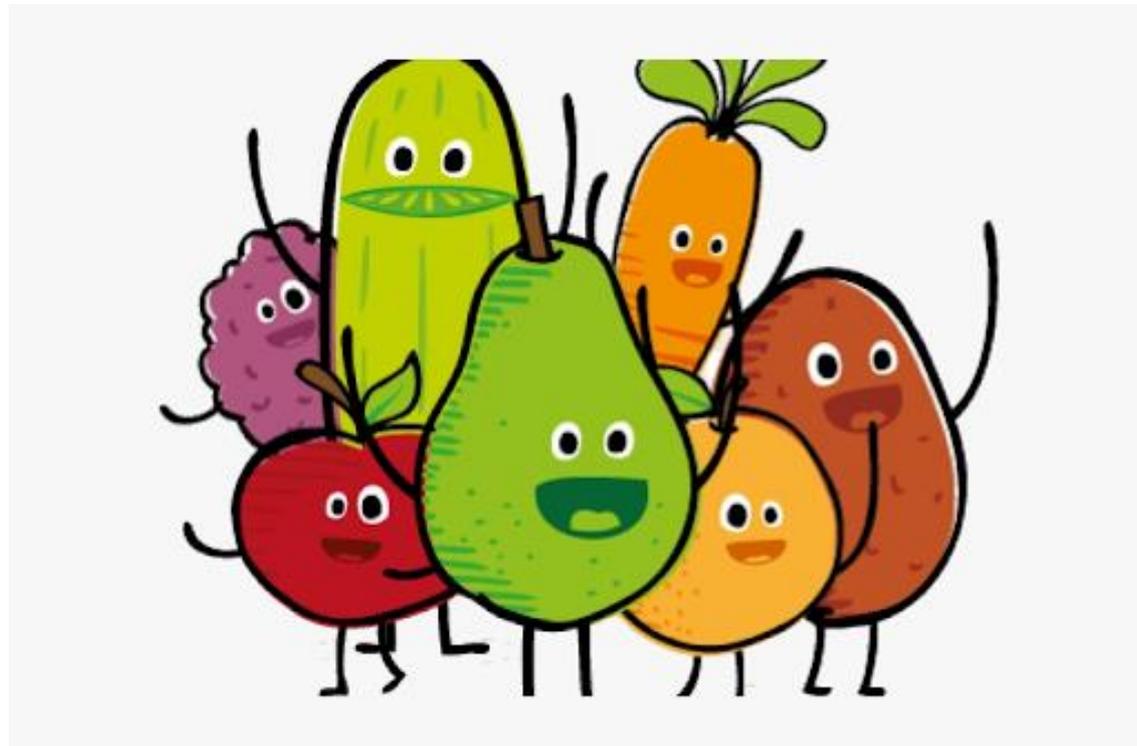
Optional
Fruit or
Dairy



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Happy Healthy Eating!



Questions?

