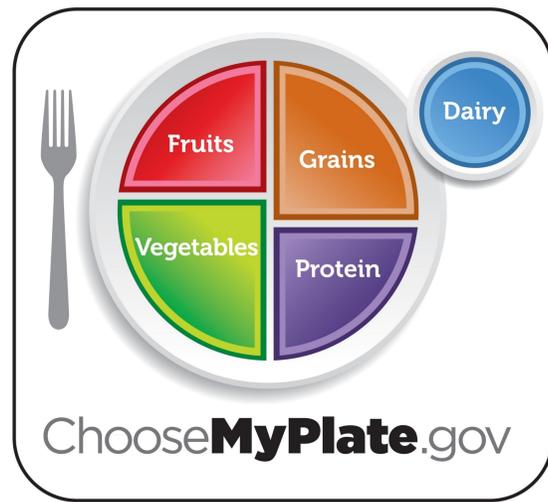




March is National Nutrition Month!



Decoding Nutrition: Let the food label be your guide!

Start with the Servings Per Container and Serving Size

Look here for both the number of servings in the package and the serving size (the amount for one serving).

- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting two times the amount of everything on the label.

Pay Attention to Total Calories

- Find out how many calories are in a single serving

Percent Daily Values (DV) Help Determine How Much of a Particular Food Group You Should Consume.

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day (Depending on your activity level and weight, you may need more or less calories per day).
 - Percent DV are for the entire day— not just for one meal or snack.
- 5 percent or less is low — try to aim low in saturated fat, *trans* fat, cholesterol, and sodium
- 20 percent or more is high— try to aim high in vitamins, minerals and dietary fiber.

Limit Saturated Fat, Trans Fat, Sodium, and Added Sugars

- Eating less of these may help reduce your risk for heart disease, high blood pressure and Type 2 Diabetes.

Get Enough Vitamins, Minerals and Fiber

- Dietary fiber, vitamin D, calcium, and potassium to maintain good health and help reduce your risk of certain health issues such as osteoporosis.

Additional Nutrients

- Carbohydrates — There are three types of carbohydrates: sugars, starches and fiber. That is why they are listed under total Carbohydrates.
- Proteins — Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed by weight from highest amount to lowest. General rules are the less ingredients, the better. Remember to try to understand what every ingredient is!

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

According to the United States Department of Agriculture, your plate should resemble the above image, containing:



: 40%



:30%



: 20%



:10%



:One small serving

For More information

Call the Township of Mount Olive Health Department at 973-691-0900 ext. 7330

Created by the Township of Mount Olive Health Department. Information used from usda.org and the Academy of Nutrition and Dietetics.