PRISMA HEALTH SM

Food Labels

How to read them and what to look for

What’s confusing about Food Labels?

Old Label vs. New Label

SIDE-BY-SIDE COMPARISON

Original Label

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

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%**
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%

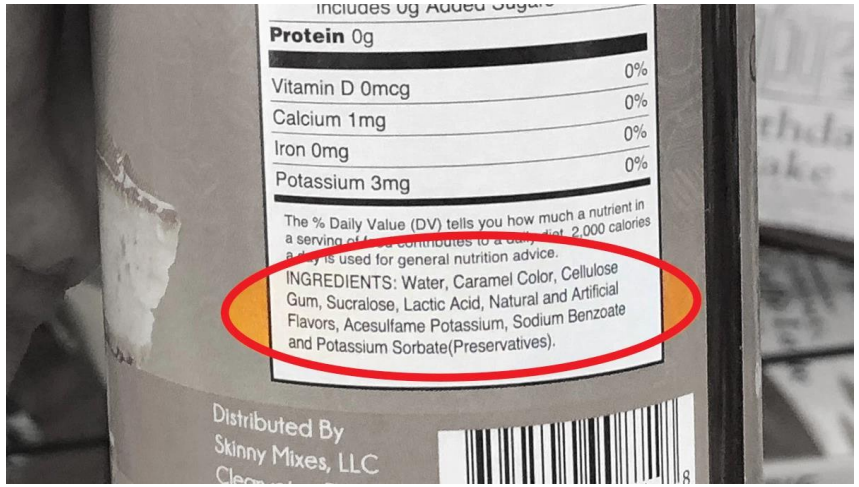
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the "original" label shows 1g of sugar as an example. The image created for the "new" label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

- Serving Size is updated
- Calories are bolded and easier to spot
- Must list if there are Trans fats
- Added Sugars are included by law
- Micronutrients are updated and actually include an amount not just a percentage

Read the Ingredient List!

- Typically the first 3 ingredients make up the largest proportion of that food
- It can identify sources of added sugars
- Highlights artificial sweeteners such as saccharin, aspartame, sucralose, acesulfame-K, stevia
- Show cases **common food allergens** (milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy)



INGREDIENTS:

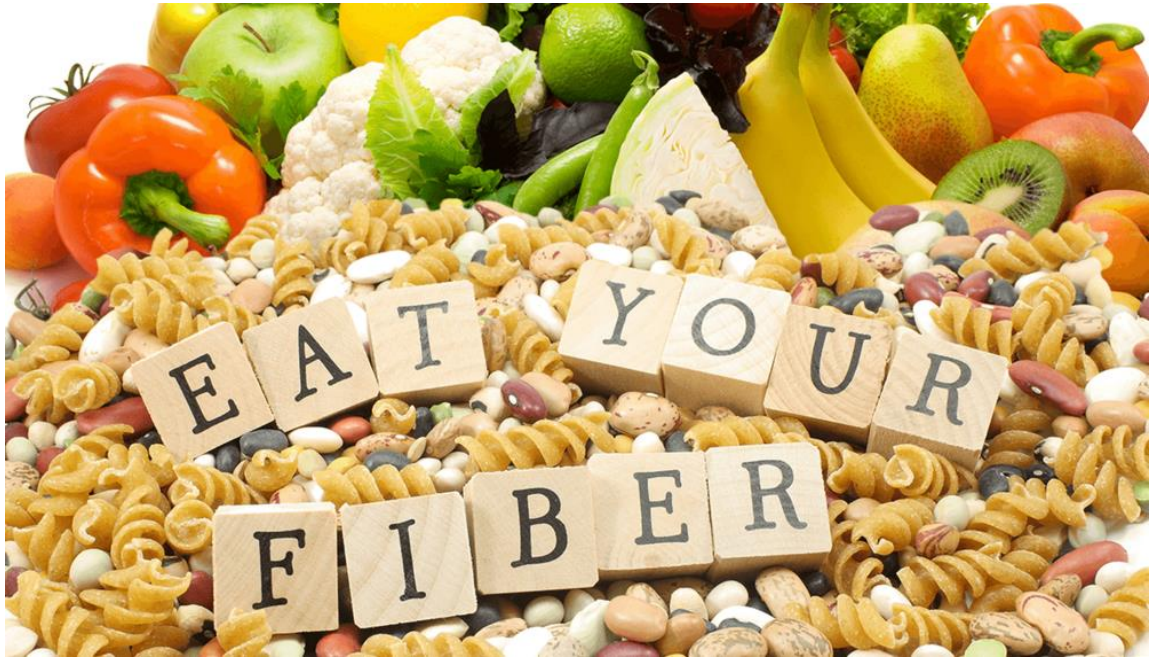
Milk Chocolate (Sugar, Cocoa Butter, Skim Milk, Lactose, Milkfat, Soy Lecit Artificial Flavor), Peanuts, Corn Syrup Palm Oil, Skim Milk, Lactose, Salt, Egg Artificial Flavor.

INGREDIENTS: WHOLE GRAIN BLEND (ROLLED OATS, RYE FLAKES), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CANOLA OIL, SUGAR, WHOLE GRAIN WHEAT FLOUR, EVAPORATED CANE SUGAR, DRIED BLUEBERRIES, MALT SYRUP (FROM CORN AND BARLEY), INVERT SUGAR, BAKING SODA, SALT, SOY LECITHIN, DISODIUM PYROPHOSPHATE, NATURAL FLAVOR, DATEM, BLUEBERRY JUICE CONCENTRATE, FERRIC ORTHOPHOSPHATE (IRON), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1).
CONTAINS: WHEAT, SOY.

INGREDIENTS: APPLEWOOD SMOKED TURKEY BREAST - TURKEY BREAST, WATER, CULTURED DEXTROSE*, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF SALT, CULTURED CELERY JUICE*, VINEGAR*, SODIUM PHOSPHATES, CHERRY POWDER. *INGREDIENT TO PRESERVE QUALITY. **MILD CHEDDAR CHEESE -** CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH (ADDED TO PREVENT CAKING), NATAMYCIN (ADDED AS A PRESERVATIVE). **CONTAINS: MILK. CASHEW HALVES AND PIECES -** CASHEWS, SEA SALT, PEANUT OIL. **CONTAINS: CASHEWS. MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT, OTHER TREE NUTS. SWEETENED DRIED CRANBERRIES -** SUGAR, CRANBERRIES, SUNFLOWER OIL

A Few Things to Highlight

Fiber and Sugar



https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro

Dietary Fiber: What is It

- **Soluble fiber** dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories.
- **Insoluble fiber** does not dissolve in water and passes through the gastrointestinal tract relatively intact and, therefore, is not a source of calories.

Where It Is Found

Soluble fiber is found in a variety of foods, including:
• Beans and peas • Nuts and seeds

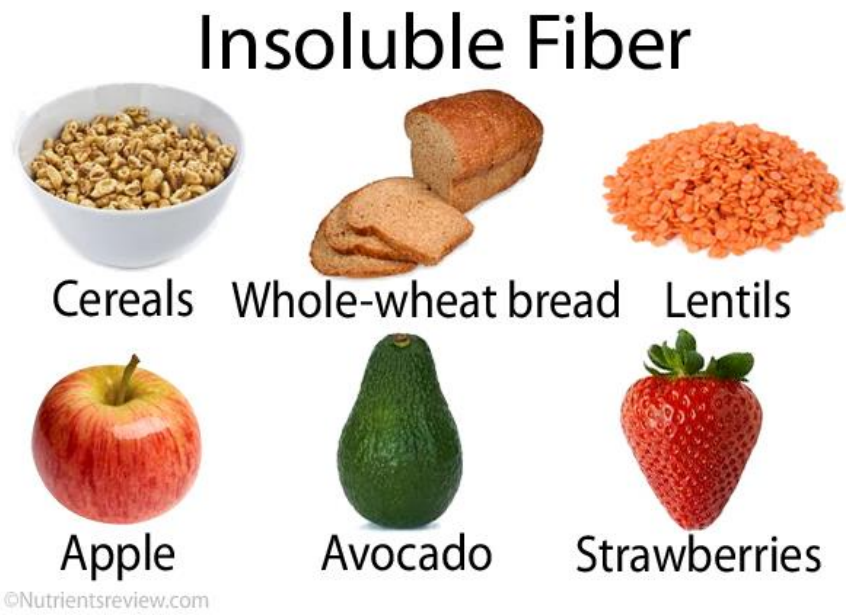
• Fruits • Vegetables • Oats (such as oat bran and oatmeal)

Insoluble fiber is found in a variety of foods, including:

• Fruits, Nuts and seeds • Vegetables

• Wheat bran

• Whole grain foods (such as brown rice and whole grain breads, cereals, and pasta)



Dietary Fiber: What it Does

- **Soluble fiber** can interfere with the absorption of dietary fat and cholesterol. This, in turn, can help lower low-density lipoprotein (LDL or "bad") cholesterol levels in the blood.
  - Help control the level of blood sugar by preventing rapid rises in blood glucose following a meal.
- **Insoluble fiber** provides "bulk" for stool formation and speeds up the movement of food and waste through the digestive system, which can help prevent constipation.
- Both **soluble and insoluble fiber** make you feel full, which may help you eat less and stay satisfied longer.

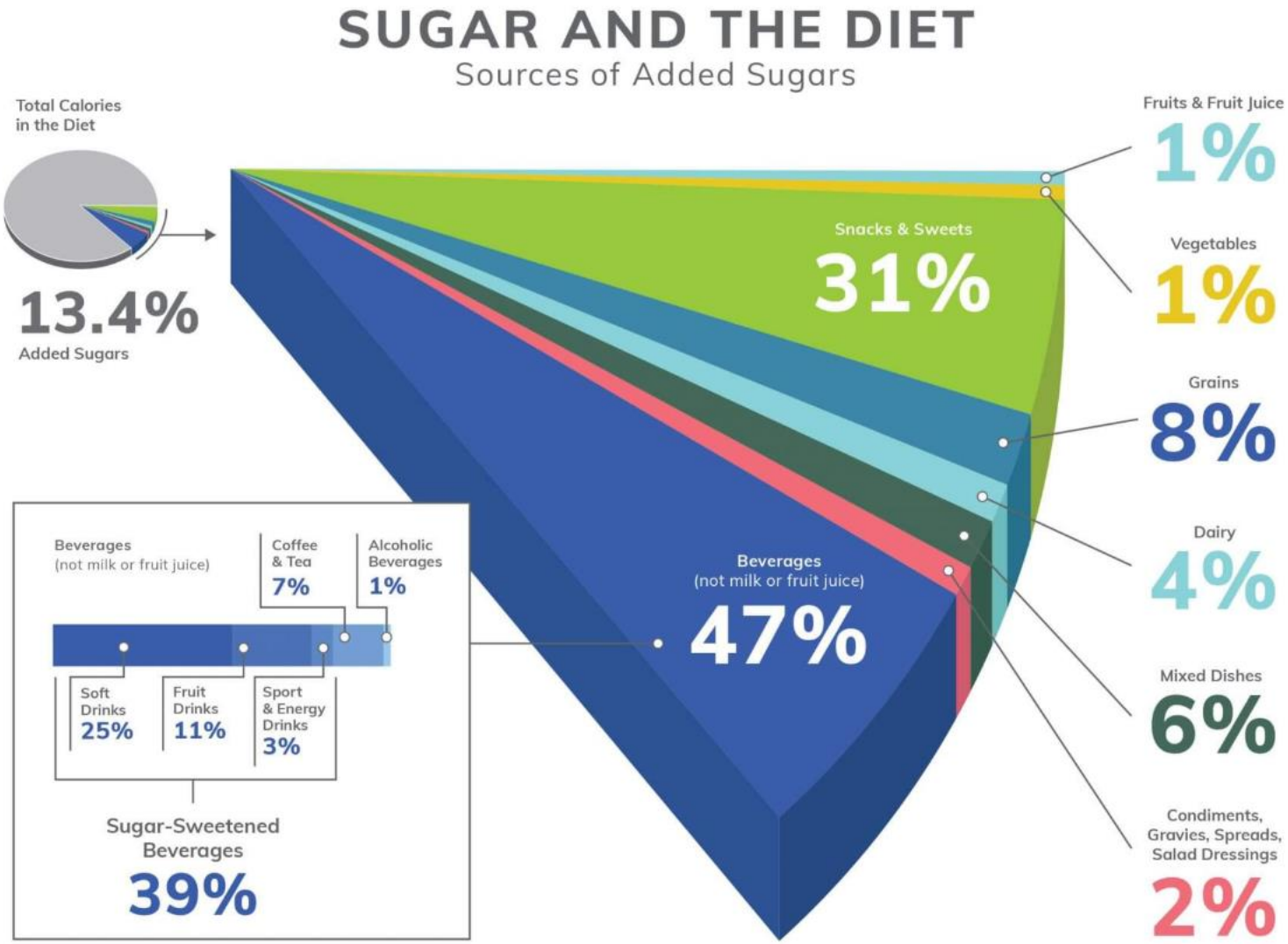
Sugars

What They Are

Sugars are the smallest and simplest type of **carbohydrate**. They are easily digested and absorbed by the body.

There are **two types** of sugars, and most foods contain some of each kind.

Single sugars (monosaccharides) are small enough to be absorbed directly into the bloodstream. They include:	**Sugars that contain two molecules of sugar** linked together (disaccharides) are broken down in your body into single sugars. They include:
Fructose	**Sucrose** (table sugar) = glucose + fructose
Galactose	**Lactose** (milk sugar) = glucose + galactose
Glucose	**Maltose** (malt sugar) = glucose + glucose

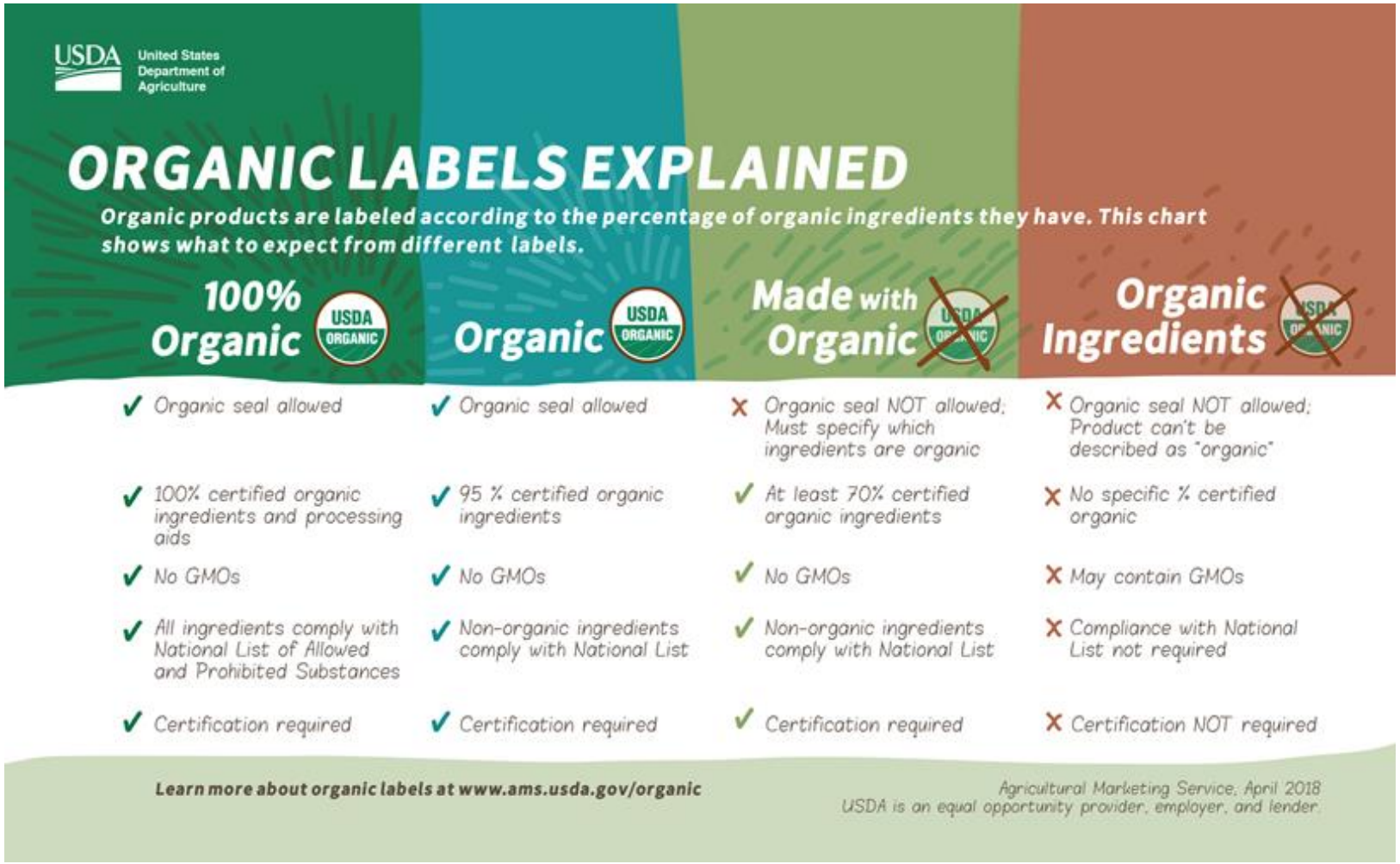


Limit consumption of added sugars to less than 10% of total daily calories

Labeling Laws: What are they?

- Organic
- GMO
- Added Sugars
- "Natural"
- Allergens
- Nutrient Claims

Organic Labels Claims

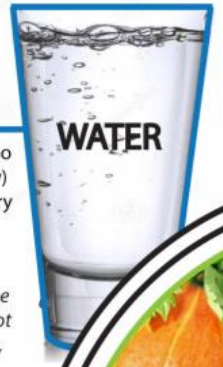


Common Nutrient Content Claims

- **Calorie Free**: Less than 5 calories per serving
- **Low Calorie**: 40 calories or less per serving
- **Fat Free**: less than 0.5 g fat per serving
- **Low Fat**: 3 g or less per serving
- **Reduced/Less (for Fat, Cholesterol, Sodium, or Sugar)**: at least 25% less fat per serving than an appropriate reference food
- **Cholesterol Free**: less than 2 mg per serving
- **Low Cholesterol**: 20 mg or less per serving
- **Sodium Free**: less than 5 mg per serving
- **Low Sodium**: 140 mg or less per serving
- **Sugar Free**: less than 0.5 g sugar per serving. Contains no ingredient that is a sugar or generally understood to contain sugars.
  - "Low Sugar" is not defined and may not be used.
- **"Light" or "Lite"**: may be used if food is "Low Calorie" and "Low Fat"
- **"Light in _____"** may be used if nutrient reduced by at least 50% per serving (or may state "Lightly Salted"
- **"No Salt Added"**: must declare "This is Not A Sodium Free Food" on information panel if food is not "Sodium Free"
- **"No Added Sugars" and "Without Added Sugars"**: no sugar or sugar containing ingredient is added during processing
- **Lean**: may be used to describe meat, poultry, seafood, and game meat with less than 10 g fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per 100 g.
- **Extra Lean**: may be used to describe meat, poultry, seafood, and game meat with less than 5 g fat, less than 2 g saturated fat, and less than 95 mg cholesterol per 100 g.
- **Good Source**: means the reference amount of a product contains 10 to 19% of the Daily Value of a particular nutrient (i.e. fiber protein, or a vitamin or mineral)
- **High**: means the reference amount of a product contains 20% or more of the DV of a particular nutrient.

UofL SMART PLATE**

Eat Real Food®



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The circles below represent foods that may be incorporated throughout the day but may not show up in every meal. The bigger the circle, the more you should consume.

Fill half of your plate with vegetables. The more color and variety, the better; minimize white potatoes and french fries. Raw, lightly cooked, fresh, frozen, and canned all provide vital nutrients.

Eat a variety of whole grains: rice, quinoa, freekeh, oatmeal, polenta, and whole-wheat bread and pasta. Limit refined grains (like white rice and white bread).

Legumes, such as lentils and beans, provide both quality carbohydrates and protein.

Choose fish, poultry, nuts, eggs, and legumes; limit red meat; avoid bacon, cold cuts, and other processed meats.

Eat a variety of whole fruits. Colors indicate nutrient density. "Juice" counts as a sugary drink.

Use as condiments, toppings and recipe ingredients. Add to cereal, smoothies, and coffee/tea.

Use oils sparingly for cooking and dressings. Substitute with broths and flavorful vinegars. Limit butter. Avoid trans fats.

Wrap-Up

- Look for the cleanest and simplest ingredient list possible
- Eat to fuel your body, not to destroy it

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