



Understanding Food Labels

Food labels provide key information to help you make nutritious choices. Learning to read them can help you better manage your diet, control portions, and reduce risk factors for diseases.

What Do Food Label Terms Mean?

Calories and Fat

- **Calorie-Free:** Less than 5 calories per serving.
- **Fat-Free:** Less than 0.5g of fat per serving.
- **Low Fat:** 3g of fat or less per serving.
- **Reduced Fat:** At least 25% less fat than the regular product.
- **Light (Lite):** One-third fewer calories or no more than half the fat of the regular product.

Cholesterol and Sodium

- **Cholesterol-Free:** Less than 2mg of cholesterol and 2g or less of saturated fat.
- **Low Cholesterol:** 20mg or less of cholesterol and 2g or less of saturated fat.
- **Sodium-Free:** Less than 5mg of sodium.
- **Low Sodium:** 140mg or less of sodium.

Fiber and Sugar

- **High Fiber:** 5g or more per serving.
- **Good Source of Fiber:** 2.5–4.9g per serving.
- **Sugar-Free:** Less than 0.5g of sugar per serving.

Quick Label Guidelines

- **“Free”** = Least possible amount of the nutrient.
- **“Low”** = Slightly more than “free” but still minimal.
- **“Reduced/Less”** = At least 25% less of a specific nutrient than the regular product.

Tips for Reading Nutrition Facts Labels

- The % Daily Value is based on a 2,000-calorie diet. Your needs may vary.
- **Calorie Guide Per Serving:**
 - 40 calories = Low
 - 100 calories = Moderate
 - 400+ calories = High

Watch for hidden trans fat! If the ingredient list includes partially hydrogenated oil, the product contains trans fat, even if the label says 0g trans fat per serving.

Food labels are a powerful tool for making healthier choices. Take a moment to read them before making your next purchase!

We're committed to your health. Contact us today for more information.



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