

## Lesson 10

# Decoding Food Labels



# Nutrition Facts

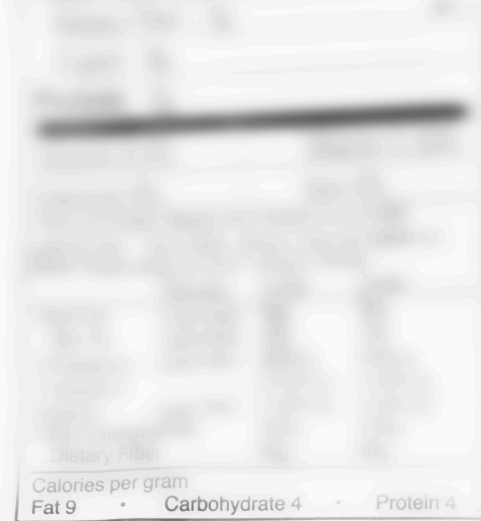
Federal law requires this label on most foods.  
Includes information about:

- Serving size
- Calories
- Fats and cholesterol
- Sodium
- Carbohydrates
- Fiber
- Sugars
- Protein
- Vitamins and minerals

<b>Nutrition Facts</b>			
Serving Size 1/6 Sheet (41g /1.5oz)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories</b> 160    Calories from Fat 90			
		<b>% Daily Value*</b>	
<b>Total Fat</b>	10g		<b>15%</b>
	Saturated Fat 5g		<b>25%</b>
	Trans Fat 0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	140mg		<b>6%</b>
<b>Total Carbohydrate</b>	16g		<b>5%</b>
	Dietary Fiber 1g		<b>4%</b>
	Sugars 1g		
<b>Protein</b>	3g		
<b>Vitamin A</b>	0%	•	<b>Vitamin C</b> 0%
<b>Calcium</b>	0%	•	<b>Iron</b> 6%
* 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:	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

# Ingredients

Listed in descending order  
by weight.

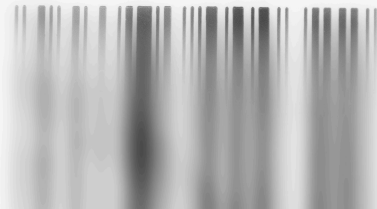


## Ingredients

Select potatoes, expeller pressed high oleic sunflower oil, seasoning (lactose, dextrose, salt, sodium diacetate, garlic powder, onion powder, citric acid, malic acid, dill weed and spice extractive).

Contains milk.

No MSG



# USDA Organic

Requirements include:

- No synthetic fertilizers
- Most pesticides are prohibited
- No hormones or antibiotics in animals
- No genetically engineered organisms
- Animals must be able to express certain natural behaviors (e.g., grazing)





# Natural

Should contain no:

- Artificial colors
- Artificial flavors
- Synthetic ingredients

These FDA standards are not enforced.

USDA regulates the label on meat and poultry products.



# Third-party labels

