

A decorative graphic consisting of a thin gold circle. A thick black left square bracket is positioned on the left side of the circle, and a thick gold right square bracket is on the right side. A horizontal bar with a gold-to-white gradient is placed across the middle of the circle, behind the text.

Food Labels

[Basic Information]

- Type of Food
- Amount
 - Net Weight
 - Weight of food itself, not package



- Name/Place of Business of Manufacturer, Packer, or Distributor
- Ingredients
 - Listed in order, largest to smallest

What should you read first on a food label?

Calories? Fat? Cholesterol? Nope. First check out the serving size. ALL the numbers on the nutritional label refer to one serving. So first, compare the stated serving size to the amount you really eat.

[Nutrition Information]

- Serving Size
 - Amount of food customarily eaten at one time
 - The rest of the information is based on this
- Calorie Information
- Nutrient Amounts and Daily Values

Nutrient Amounts & Daily Values

- Reference amounts based on the recommendation of health experts
- The percentages shown for cholesterol and sodium are the same for everyone. The other percentages apply only to those with daily diets of about 2,000 calories. But everyone can use the numbers to see which nutrients are supplied in abundance and which are very limited

[Label Language]

- “Low in ...”
 - One serving has no more than 3 grams of fat

- “Reduced ...” “Less ...” or “Fewer ...”
 - Product must have at least 25% less of something than a comparison food or 25% less than the same “Regular” product



- “High in ...”
 - One serving provides at least 20% of the daily value for that nutrient

- “Good source of ...”
 - One serving contains 10 to 19% of the daily value for that nutrient

[Product Dating]

- Open Dating
 - Date can be understood by consumers
- Sell Date
 - The last day the product should remain on the store shelf
 - Allows a reasonable amount of time for home storage & use after that date



- “Use by” Date
 - Should consume by the date, the quality of the food will go down
 - If the date is alone, then it is this kind
- Code Dating
 - For products that have a long shelf life