The nutrition facts label

1 **Read *The Nutrition Facts Label* and put these bits of information in the order they are presented.**

a. ☐ Check calories!
b. ☐ Eat "at least"...!
c. ☐ Eat "less than"...!
d. ☐ Get enough of these nutrients!
e. ☐ Limit these nutrients!
f. ☐ Start here!

The information in the main or top section can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom contains a footnote with Daily Values (DVs) which provides recommended dietary information for important nutrients, including fats, sodium and fibre.

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g. the number of grams. Pay attention to the serving size on the food package since it influences the number of calories

Calories provide a measure of how much energy you get from a serving of this food. Remember that: 40 calories is low, 100 calories is moderate, 400 calories or more is high. Eating too many calories per day is linked to overweight and obesity.

Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Eating enough of dietary fibre, vitamin A, vitamin C, calcium, and iron can improve your health and help reduce the risk of some diseases and conditions. For example, getting enough calcium may reduce the risk of osteoporosis. Eating a diet high in dietary fibre promotes healthy bowel function. A diet rich in fruits, vegetables and grain products that contain dietary fibre, particularly soluble fibre, and low in saturated fat and cholesterol may reduce the risk of heart disease.

You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.

'Upper limit' means it is recommended that you stay below the Daily Value nutrient amounts listed per day. 'Lower limit' means it is recommended that you eat "at least" the indicated amount of that nutrient per day.

2 **Answer these questions about *The Nutrition Facts Label*.**

1. What does the information in the main section of a food label contain?
2. What information does the footnote usually provide?
3. Why and how are serving sizes standardized?
4. What information do 'calories' provide?
5. What happens if a person eats too many calories?
6. What food substances must be limited in a balanced diet?
7. Can you give some examples of food substances which may reduce the risk of diseases?



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