SAMPLE FOOD LABELS

These Nutrition Facts panels from two different types of pizza show how standard labeling practices make it easier to compare two similar food items.

INDIVIDUAL GOURMET VEGETARIAN PIZZA made with whole wheat flour

Nutrition Facts

Serving Size: 1 pizza (170 g)
Servings Per Container: 1

Amount Per Serving

Calories 329	Calories from Fat 81
	% Daily Value*
Total Fat 9 g	**14%**
Saturated Fat 3 g	**16%**
Cholesterol 15 mg	**5%**
Sodium 360 mg	**15%**
Total Carbohydrate 47 g	**16%**
Dietary Fiber 6 g	**24%**
Sugars 4 g	
Protein 15 g	

Vitamin A 8%	Vitamin C 10%
Calcium 15%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

LARGE MEAT LOVERS SUPREME DEEP DISH PIZZA

Nutrition Facts

Serving Size: ¼ pizza, 2 slices (154 g)
Servings Per Container: 4

Amount Per Serving

Calories 510	Calories from Fat 235
	% Daily Value*
Total Fat 26 g	**40%**
Saturated Fat 12 g	**62%**
Cholesterol 55 mg	**18%**
Sodium 890 mg	**37%**
Total Carbohydrate 43 g	**14%**
Dietary Fiber 3 g	**12%**
Sugars 6 g	
Protein 26 g	

Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 17%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CALCULATING CARBOHYDRATE CHOICES

Use the pizza labels on page 44 and the steps below to learn how to calculate the amount of carbohydrate choices in the foods you eat.

STEP 1: Figure out how much carbohydrate is in your portion of food.

- Find the standard Serving Size from the label.
- Find the amount of Total Carbohydrate on the label for one standard serving.
- Measure the portion of food you are actually going to eat.
- Compare that portion of food to the standard Serving Size from the food label.
- If your portion of food is larger or smaller than the standard Serving Size, increase or decrease the Total Carbohydrate content accordingly. One way to do this is to divide your portion (in cups, tablespoons, slices, etc.) by the standard Serving Size (using the same unit as before).

STEP 2: Once you know the amount of carbohydrate in your portion of food, you can calculate the number of carbohydrate choices in your portion of food.

- One carbohydrate choice has 15 grams of carbohydrate.
- Divide the Total Carbohydrate in your portion of food by 15 grams per carbohydrate choice.

EXAMPLE:
MEAT LOVERS SUPREME PIZZA
Standard Serving Size: 2 slices
Total Carbohydrate: 43 grams
Portion eaten: 3 slices
Comparison of portion eaten to Serving Size: 3 ÷ 2 = 1½ servings
Total carbohydrate eaten: 65 grams (43 grams × 1½ servings)
Number of carbohydrate choices: 4½ (65 grams of carbohydrate eaten ÷ 15 grams of carbohydrate per carbohydrate choice)

PERSONALIZING THE PERCENT DAILY VALUE

The Percent Daily Values (%DV) on food labels are based on a 2,000-calorie diet, which may or may not be appropriate for you. To individualize these values according to the number of calories you eat daily, follow the steps below.

STEP 1: Determine your approximate daily calorie needs:

WOMEN		MEN	
Weight Loss	1,500 calories	Weight Loss	1,800–2,000 calories
Weight Maintenance	1,800–2,200 calories	Weight Maintenance	2,200–2,500 calories
Active	2,200+	Active	2,500+

STEP 2: Use this chart to find your personal Percent Daily Values. Keep in mind, however, that even though these values have been adjusted according to calorie intake, they are still based on average adult needs. Individuals may need more or less of these nutrients depending on their age, sex, and overall health.

	1,500 CALORIES	1,800 CALORIES	2,000 CALORIES	2,200 CALORIES	2,500 CALORIES	3,000 CALORIES
Total Fat (grams)	Less than 50 g	Less than 60 g	Less than 65 g	Less than 73 g	Less than 80 g	Less than 99 g
Saturated Fat (grams) (includes *trans* fat)	Less than 15 g	Less than 18 g	Less than 20 g	Less than 24 g	Less than 25 g	Less than 30 g
Cholesterol (milligrams)	Less than 300 mg	Less than 300 mg	Less than 300 mg	Less than 300 mg	Less than 300 mg	Less than 300 mg
Sodium (milligrams)	Less than 2,400 mg	Less than 2,400 mg	Less than 2,400 mg	Less than 2,400 mg	Less than 2,400 mg	Less than 2,400 mg
Dietary Fiber (grams)	At least 20 g	At least 20 g	At least 25 g	At least 25 g	At least 30 g	At least 35 g

HEALTH CLAIMS

UNQUALIFIED HEALTH CLAIMS

The FDA has guidelines for how and when manufacturers may assert that their product may prevent a certain disease or benefit health beyond providing basic nutrition. The FDA has approved 12 "unqualified" nutrient–disease label claims, listed below. Because these statements are sufficiently supported by scientific evidence, they do not need a disclaimer or other qualification to temper the claims being made.

NUTRIENT	DISEASE
Calcium	Osteoporosis
(low) Fat	Certain cancers
(low) Saturated fat and cholesterol	Heart disease
Fiber-containing grain products, fruits, and vegetables	Certain cancers
Fiber (particularly soluble)-containing grain products, fruits, and vegetables	Heart disease
(low) Sodium	High blood pressure
Fruits and vegetables	Certain cancers
Folate	Neural tube defects
Dietary sugar alcohols	Dental cavities
Soluble fiber from certain foods (such as whole oats and psyllium seed husk)	Heart disease
Soy protein	Heart disease
Plant sterol/stanol esters	Heart disease

QUALIFIED HEALTH CLAIMS

In addition to the well-supported health- or disease-related claims listed above, the FDA now allows "qualified" health claims, which apply to nutrients and foods that appear to have beneficial effects but have less supporting evidence. These must have a disclaimer indicating the limited nature of the evidence to ensure that the beneficial effects of the nutrient or food are not misrepresented. Currently, nuts are the only foods that may bear a qualified health claim.

NUTRIENT	DISEASE
Nuts (almonds, hazelnuts, peanuts, pecans, some pine nuts, pistachio nuts, and walnuts)	Heart disease

LABEL TERMS

The FDA regulates the descriptive terms food manufacturers may use on labels and the way in which they may use them, so that "low fat" on one label means the same thing as "low fat" on another. The following list spells out the official meanings of some of the most common label terms.

LABEL TERM	DEFINITION
Free	Means one serving of a food contains no or insignificantly low amounts of a nutrient such as fat, cholesterol, or sodium.
Calorie Free	Less than 5 calories per serving.
Sugar Free	Less than 0.5 grams of sugar per serving.
Sodium Free	Less than 5 milligrams of sodium per serving.
Fat Free	Less than 0.5 grams of fat per serving.
Low Fat	3 grams of fat or less per serving or per 50 grams of the food if the serving size is 2 tablespoons or less or 30 grams or less.

LABEL TERMS *(continued)*

Low Saturated Fat	1 gram of saturated fat or less per serving and 15% or less of calories from saturated fat.
Low Sodium	140 milligrams of sodium or less per serving or per 50 grams of the food if the serving size is 2 tablespoons or less or 30 grams or less.
Very Low Sodium	35 milligrams of sodium or less per serving or per 50 grams of the food if the serving size is 2 tablespoons or less or 30 grams or less.
Low Cholesterol	20 milligrams of cholesterol or less and 2 grams of saturated fat or less per serving or per 50 grams of the food if the serving size is 2 tablespoons or less or 30 grams or less.
Low Calorie	40 calories or less per serving or per 50 grams of the food if the serving size is 2 tablespoons or less or 30 grams or less.
Lean (meats, poultry, fish)	4.5 grams of saturated fat or less, less than 10 grams of fat total, and less than 95 milligrams of cholesterol per serving (of about 3 ounces).
Extra Lean	Less than 2 grams of saturated fat, less than 5 grams of fat total, and less than 95 milligrams of cholesterol per serving (of about 3 ounces).
High	Can be used if the food contains 20% or more of the Daily Value for protein, vitamins, minerals, dietary fiber, or potassium in one serving.
High Fiber	5 grams of fiber or more per serving.
Good Source of	Means one serving of a food contains 10% to 19% of the Daily Value for a nutrient.
Reduced or Less	Means the food contains at least 25% less of a nutrient or of calories than the regular or average representative product.
Light or Lite	For foods deriving less than 50% of calories from fat, means the food is reduced in calories by at least one-third or reduced in fat by at least 50%. For foods deriving more than 50% of calories from fat, the product is reduced in fat by at least 50%. For foods with modified sodium content, the product is reduced in sodium by at least 50%.