

# Do You Want to Be a Label Reading Detective?

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How often do you check the back of your box, can, or package to read the nutrition facts label? Shortly, all food packaging will have the latest version of the nutrition facts label. Here are some quick pointers to help you read these labels!

## 1. Serving Size... Your key to the rest of the label!

This is the amount of the food recommended to eat in one sitting.

## Calories per serving...

This is the amount of "fuel" your body will receive from eating a serving of this food.

The numbers are much larger and more bold on the new labels.

## 2. Tailor it to you...

Ask your physician, medical provider or registered dietitian if there are nutrients on the label you should specifically focus on! For example, for those individuals with diagnosed high blood pressure, sodium on the label is a section you should look at.

## 3. Added sugars...

The new labels have a row that states "Total sugars" and "Added sugars". Total sugars include those that are natural, such as the ones from fruit! Added sugars are those that come from man-made sugar such as brown rice syrup, white sugar, honey and corn syrup! The added sugars are those we want to moderate.

## 4. Daily values...

These values are based on a 2,000 calorie diet. If you eat less or more than 2,000 calories per day, then the percentages will not be exact. If the percentage is 5% or less, the food is a low source for that nutrient. If the percentage is 20% or greater, the food is a high source for that nutrient.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 potato (148g/5.2oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 0mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For a fun animation on the new food label, check this link out!

<https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

Below is a picture showing all the terms and ingredients that are really a sneaky way of not saying sugar.

## AKA: SUGAR

- **Barley malt**
- Buttered syrup
- Cane juice crystals
- Caramel
- Corn syrup
- Corn syrup solids
- Carob syrup
- Dextran
- **Dextrose**
- Diastatic malt
- Diatase
- Ethyl maltol
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Golden syrup
- High-fructose corn syrup
- Honey
- Lactose
- Maltodextrin
- Maltose
- **Malt syrup**
- Maple syrup
- Molasses
- Panocha
- Refiner's syrup
- Rice syrup
- Sorghum syrup
- Sucrose
- Treacle

Happy reading!!

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).  
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