

Reading Food Labels



People look at food labels for different reasons: to lose weight, to choose a healthy diet, and to manage diabetes, high blood pressure, or food allergies. Regardless of the reason, people want to know how to use label information more effectively and easily. Here is a simple guide that explains what you can learn from a label.

After you've read the nutrition facts, look at the ingredients. The first ingredient listed is the largest quantity ingredient in the food. But beware! Many ingredients, such as sugar, have more than one name. If you see sucrose, high fructose corn syrup, molasses, or honey... it's all sugar! Even if they are low on the ingredients list, they add up in the food we eat.

Start Here

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*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	300mg	375mg
Dietary Fiber	25g	30g

Quick Guide to % DV
5% or less is Low
20% or more is High



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

AUGUST 2012



"Our case management services are available to assist Hanford employees in achieving optimum wellness. When life and health changes feel overwhelming, the case manager can be a helpful advocate. We can assist you in pulling all the pieces together for your benefit, wellbeing, and peace of mind."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Weight Loss Convoy ALUMNI Meeting World Breast Feeding Week	2	3	4
5	6 Tobacco Cessation Class	7 Weight Loss Convoy	8	9 Site-Wide Health Fairs	10 Hanford WorkFit Leader Training Site-Wide Summer Recreation Challenge - Finish	11
12	13 Tobacco Cessation Class	14 Weight Loss Convoy	15	16	17	18
19	20 Tobacco Cessation Class	21 Weight Loss Convoy	22	23	24	25
26	27	28 Weight Loss Convoy	29	30	31	

National Immunization Awareness Month
Site-Wide Summer Recreation Challenge 7.16.12 — 8.10.12
www.amhchallengestracker.com

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: Voluntary Beryllium Program We recommend testing for beryllium sensitization and disease for all workers who think they may have been exposed to beryllium in their work history. The Voluntary Beryllium Program offers confidential counseling and medical screening for beryllium health effects. Enrollment in the program can be initiated with a phone call or email to the Beryllium Case Manager at 376-6000 or amh_beryllium@rl.gov.

- Health Observance
- Class or Event
- Holiday
- Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____