

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.

Sample label for Macaroni & Cheese

Start Here

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

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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	
Total Carbohydrate 31g	
Dietary Fiber 0g	0%
Sugars 5g	1000

Vitamin A

Protein 5g

*Percent Daily Values are based on a 2,000 calorie die Your Daily Values ay be higher or lower depending on

your calorie needs.	Calories	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mp 2,400mg 300mg 25g	80g 25g 300m 2,400 375m 30g

Quick Guide to % DV 5% or

less is Low

20% or more is High

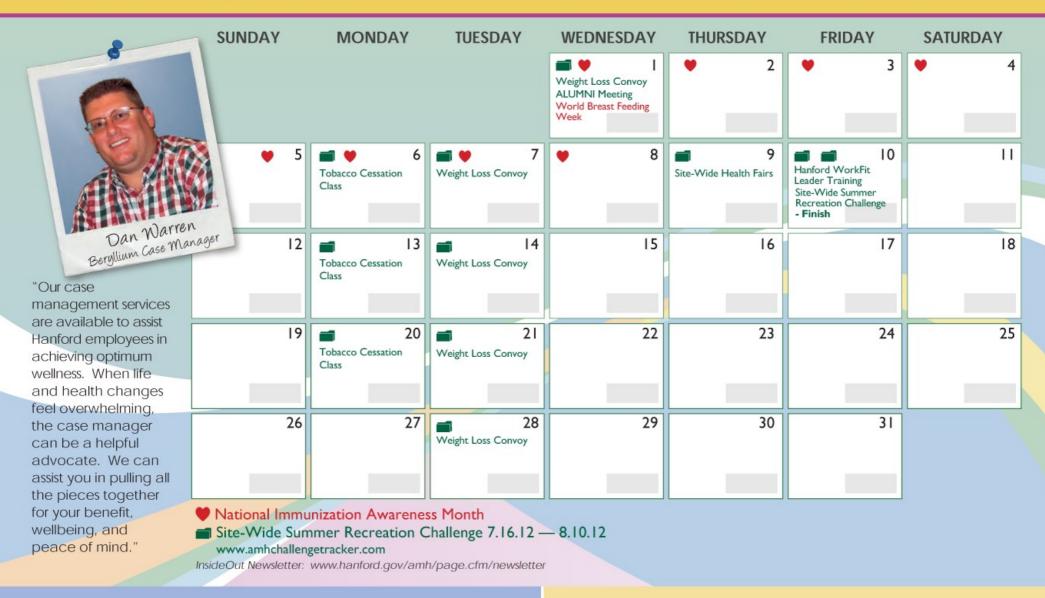




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AUGUST 2012



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 Weight (in lbs.)

Exercise Minutes Blood Pressure

Enter your weight at Hanford Highway to Health

Highway to Health