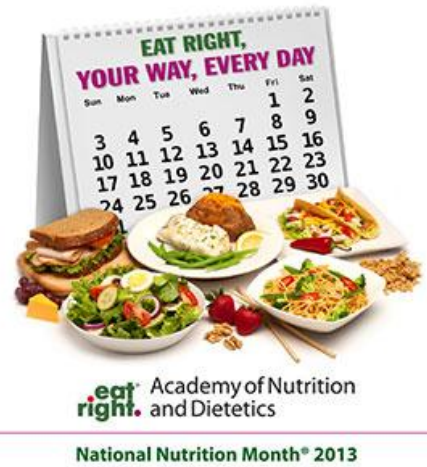


National Nutrition Month 2013

Healthy Meals on the Run

By Margery Swan, UMD Dietetic Intern

If you're like me, you don't always have time to cook or go out to eat. Below, are some tips on how to read a food label, so you can compare products and find the healthiest option!



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The Serving Size

This can always be found at the top of the label. Use this as a guide to keep track of the amount of nutrients you're eating!

To calculate the total amount take the servings per container and multiply the other facts, such as calories and total fat

Fiber

Fiber is important because it can lower your risk of developing chronic diseases such as diabetes or heart disease. Look for food items with $\geq 3g$ of fiber per serving, and strive for 20-25g daily!

Protein

Protein keeps you full longer and is an essential energy source: Try and chose meals with at least 10g of protein

Vitamins and Minerals

Look here to see how much vitamins and minerals you are consuming

A food is considered a good source if it is between 10-19% of your daily intake.

Nutrition Facts	
Serving Size 1 oz. (28g/About 21 pieces)	
Servings Per Container About 2	
Amount Per Serving	
Calories 170	Calories from Fat 110
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Niacin 4%
Vitamin B ₆ 2%	Phosphorus 2%
* 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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

For additional resources and info, go online and check out eatright.org/Public/