

E-Bite Label Reading for Parents

The Nutrition Facts label provides valuable information about the food products you are serving to your family. It is important to read labels when choosing food items. Reading a food label gives you all the information to determine if the food fits into your eating plan. Reading nutrition fact labels also gives you the ability to compare similar products to see which one might be a healthier choice or better choice for you.

Step 1:

The first step in label reading is identifying portion size. It is important to understand that the nutritional information on each label is based on **one serving**. If you eat more or less than the stated serving size, the values must be changed accordingly. For example, if you eat 2 servings of the food, then the amounts of calories, fats, and other values also double.

Step 2:

Look at the number of calories and calories from fat. The calorie section of the label can help you manage your weight. Remember: the number of servings you consume determines the number of calories you actually eat.

40 calories is low.

100 calories is moderate.

400 calories is high.

Step 3

Limit the intake of fat, cholesterol and sodium. Eating excessive amounts of these can contribute to heart disease, hypertension and some cancers.

Step 4:

Encourage intake of fiber, vitamin A, vitamin C, calcium and iron. Look for food items that have higher amounts of these. Eating these can improve your overall health.

Step 5:

Percentage Daily Values (% DV) are based on a 2000 calorie diet. This information is useful, even if you do not know how many calories you take in. Five percent (5%) of your daily values (DV) or less is considered low, and 20% DV or more is high. For the nutrients you want to encourage, look for a high percentage and for the nutrients you want to limit, stick with to a low percentage, or %DV.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 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
Saturated 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

Step 6:

This information is the amount of each nutrient that is needed based on a 2,000 or 2500 calorie diet.

Step 7:

Read the ingredients. This is a very important step if you have a child or any family member with a food allergy. Look for any ingredient that you must avoid. Also look for "manufactured in a factory that also processes" or "may contain" to insure avoidance of the food.

FILLED BELGIAN CHOCOLATES (PRALINÉ 65%) INGREDIENTS: Sugar, hazelnuts, whole milk powder, cocoa butter, cocoa mass, soya lecithin (emulsifier), vanillin. Cocoa based ingredients: milk chocolate min. 34%, white chocolate min. 25%. Milk solids: milk chocolate min. 22%, white chocolate min. 30%. May contain traces of nuts and/or gluten.

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