

The CBJ Guide to Reading Nutrition Labels

The U.S. Food and Drug Administration (FDA) recently updated the Nutrition Facts label on packaged food & beverages for the first time in over 20 years to better reflect updated scientific information, new nutrition research, and input from the public. The goal of the new design and updated information is to make it easier for consumers to make informed food choices that contribute to lifelong healthy eating habits.

Here's your official CBJ guide to help you read the new nutrition labels like a pro...

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 235mg 6%	
* 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 more information on food labeling, head here...
[FDA.gov | What's New with the Nutrition Facts Label](https://www.fda.gov/what-s-new-with-the-nutrition-facts-label)

1 **NUTRITION FACTS** = Nutrition Info is based on 1 serving of food per container
+ **Servings per Container** = There are **8** individual servings in this container
+ **Serving Size** = For this product, 2/3 cup or 55 grams per **1** individual serving
Serving sizes have been updated to better reflect the amount people typically eat & drink today, however they are not necessarily a recommendation of how much to eat or drink.

2 **AMOUNT PER SERVING** = the number of calories, nutrients, and the % of daily value in 1 serving of the food in this container
EXAMPLE: Individual Serving = 230 calories (1 serving x 230 calories)
Calories in the Entire Container = 1840 (**8** servings x 230 calories)

3 **% DAILY VALUE** = How much a nutrient in a serving of food contributes to a recommended intake of our total daily diet for that nutrient
5% DV or less of a nutrient per serving is generally considered **LOW**
20% DV or more of a nutrient per serving is generally considered **HIGH**
The footnote at the bottom of the label is designed to better explain %DV

4 **FOOD MAKEUP** = Information on the macro- and micronutrients in the product
+ **Macronutrients** = Protein, Fat, and Carbohydrates
+ **Micronutrients** = Vitamins, minerals, and other nutritional components (cholesterol, sodium, and fiber)

Most Americans need **MORE** dietary fiber, vitamin D, calcium, iron and potassium, and **LESS** saturated and trans fats, sodium, and added sugars.

5 **SUGAR BREAKDOWN**
+ **Total Sugars** = naturally occurring sugars + added sugars including sugar alcohols in a serving size of a food product
+ **Added Sugars** = the number of **added** sugars that are in one serving of the product
+ **Sugar Alcohols** = carbohydrates that chemically have characteristics of both sugar and alcohols

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