

How to read the new food label

Here are 4 easy steps so you can be ready now and when the new food label starts appearing on shelves this winter in January 2020.

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01

Turn the package

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

The front of the product package will often contain many claims about being natural, non GMO, low in fat, healthy, full of vitamins, and many other benefits made by marketers.

But only you can turn the package and read the nutrition facts!

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02

Calories and serving

4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240

Always take a look at how many calories a food will provide. Better yet, realize how many total calories you are buying with a package, bottle, or bag of this product.

The average meal is around 400-500 calories for most people, while a snack can ring in around 100-150.

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03

Heart health

Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%

The next section after calories is essential for your heart!

Does the food contain a significant amount of saturated fat or sodium? If so it might not be so good for your ticker!

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04

Fiber versus sugar

Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%

The new food label will show the amount of added sugars!

This is an excellent time to compare the added sugars versus the fiber. Some foods might contain a significant amount of added sugar with barely any fiber because they are super processed.