

Can you sort out the information on a nutrition label?

What Does “% Daily Value” Mean?

The “% Daily Value” column is a quick check on the nutritional value of foods or beverages. You can use this information to compare foods and help you decide if the food or beverage is “high” or “low” in that nutrient.

- “Low” = % Daily Value of 5% or lower
- “High” = % Daily Value of 20% or higher

✓ Look for **lower** % Daily Values for fat, saturated fat, cholesterol and sodium.

✓ Look for **higher** % Daily Values for fiber, vitamins and minerals.

Is “Trans Fat” a Bad Fat or a Good Fat?

Trans fat is the newest addition to nutrition labels. Just like saturated fat, trans fat is not a heart-healthy type of fat. It’s found in many cookies, pastries and other foods with “hydrogenated” fats. Eating a diet high in trans fat may raise your “bad” cholesterol (LDLs) and lower your “good” cholesterol (HDLs).

There’s no % Daily Value for trans fat. Try to eat as little trans fat-containing foods as possible.

| Nutrition Facts | |
|---|---------------------------|
| Serving Size 5 oz (142g) | |
| Servings Per Container 12 | |
| Amount Per Serving | |
| Calories 300 | Calories from Fat 190 |
| % Daily Value* | |
| Total Fat 21g | 33% |
| Saturated Fat 9g | 46% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 95mg | 4% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 27g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 20% |
| * 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 55g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 300g |
| Dietary Fiber | 25g 30g |

Nutrition Facts labels can be a little confusing.

They have lots of information to sort through and some mental math to do, too.

Understanding nutrition labels is worth your time, though. Use them to compare foods and make healthier choices.

Try This Activity

Use the information on the label found on this page. See the answers at the bottom.

1. Find the serving size and list it here.
 _____ ounces
2. a. Find the number of calories per serving and list it here: _____ calories.
 b. If you have two servings of this food, how many calories is that? _____ calories
3. How much saturated fat is in one serving?
 _____ grams (g)
4. Using % Daily Value, is a serving “high” or “low” in saturated fat? _____
5. How much trans fat is in one serving? _____ g

Visit www.ag.ndsu.edu/foodwise for more information.

Answers: 1. 5; 2. a. 300; b. 600; 3. 9; 4. high; 5. 0.

Fantastic French Toast

- 2 eggs
- ½ c. low-fat milk
- ½ tsp. vanilla extract
- 6 slices whole wheat bread
- Toppings of choice: sliced fruit, applesauce, syrup, jam



Preheat the griddle over medium heat or set an electric frying pan at 375 degrees. Put eggs, milk and vanilla in a pie pan or shallow bowl. Beat with a fork until well mixed. Grease the griddle or pan with a thin layer of oil or spray with nonstick spray. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Cook on one side until golden brown. Turn the bread over to cook the other side. Cooking will take about four minutes on each side. Serve with toppings of choice.

Makes six servings, one slice each. Per serving: 100 calories, 3 grams (g) of fat, 15 g carbohydrate and 2 g fiber.



Menu Idea:
Fantastic French Toast
with sliced strawberries,
lean ham and low-fat milk

I saw pasteurized shell eggs by the regular eggs at the store. What are they and when should they be used?

Pasteurized shell eggs have been heated carefully in warm water to kill bacteria without cooking the egg. They are used in egg-containing recipes that aren't fully cooked (such as eggnog and some homemade ice cream recipes). Not all stores sell pasteurized eggs. Pasteurized eggs are more expensive than "regular" eggs. Use regular eggs in recipes that are cooked or baked.

I bring leftovers to work for lunch in plastic margarine tubs or whipped topping containers. Is it safe to microwave foods in these containers?

Containers such as margarine tubs and whipped topping bowls are not meant to be used in the microwave. They can melt, which may cause harmful chemicals to get into the food. Use microwave-safe containers to heat your food.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

