Nutrition Facts Labels

HELPING YOU MAKE FOOD CHOICES
• Whole foods (non-processed foods) have more nutrients than processed foods.

• Carbohydrates are crucial for day-to-day living. It’s important to choose whole grains and the naturally occurring carbohydrates in whole foods.

• Whole foods have more fiber than processed foods.

• Replenishing your vitamins and minerals is exceptionally important for cancer patients.

• Consider customizing your diet with an HCI dietitian. Huntsman Cancer Institute Nutrition Services offers everything from providing tips for eating well during cancer treatment to cooking classes to weight loss and fact sheets.
“You don’t have to cook fancy or complicated masterpieces, just good food from fresh ingredients.”

JULIA CHILD
SERVING SIZES

- Serving size tells the amount of food on which all the other nutrition information is based.
- Some labels show the serving size first.
- Labels list units (cups or pieces) first, followed by the number of grams.
- Serving size is usually not the entire container. Be sure to check the servings per container.
- The FDA regulates the serving size shown on the label. This helps you compare different brands of the same product.
- Usually the amount in one serving is smaller than most people would eat.

TIP: The serving size on the label can be misleading because it’s often smaller than what we really eat.
- The calories section shows the number of calories in one serving.
- Some labels show how many calories come from fat. You want to limit foods with high amounts of calories from fat.
- If you eat more or less than the listed serving size, both the calories and nutrient amounts will change accordingly.

### Nutrition Facts

6 servings per container  
Serving size 1 cup (230g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 245</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 8mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 210mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate 34g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber 7g</td>
<td>23%</td>
</tr>
<tr>
<td>Total Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Includes 4g Added Sugars</td>
<td>8%</td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
</tr>
</tbody>
</table>

*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.
Daily Value (DV) percentages are based on a 2,000 calorie diet. Some people eat more than 2,000 calories, while others eat less.

- If you eat fewer than 2,000 calories each day, the percent shown on the label is higher than your own DV percent.
  - Instead of 5% for your daily fat, this food would be closer to 10% of your daily value.

- If you eat more than 2,000 calories each day, the percent shown on the label is lower than your own DV percent.
  - Instead of 5% for your daily fat, this food would be closer to 3% of your daily value.
The label shows amounts and percents of total fat, saturated fat, and trans fat. Some foods have two columns—one “as packaged” and another “as prepared,” according to directions on the package.

- Total fat is just what it says—all the fat in this food.
- Saturated fat and trans fat are listed separately. You want to limit the amount of saturated fat you eat. You need to avoid trans fats.
- To calculate unsaturated fat, subtract the grams of saturated fat and trans fat from the grams of total fat.
- Eating more than 20 grams of saturated fat daily increases your risk of heart disease, certain cancers, and high blood pressure.

TIP: Avoid trans fats and limit saturated fat.
Cholesterol is a fat-like substance found in the bloodstream. It’s made by the body and can be eaten as dietary cholesterol.

It is used for many important processes in the body. Our body makes enough cholesterol. We do not need to eat dietary cholesterol.

Eating too much dietary cholesterol and saturated fat may increase harmful blood cholesterol levels, known as LDL cholesterol. When these levels are high, it can cause health problems.

Only animal products, such as meat and dairy foods, contain dietary cholesterol. Plant foods do not contain it. We recommend limiting dietary cholesterol to less than 200mg daily.

CHOLESTEROL TIP: Limit cholesterol. Plant foods do not contain cholesterol.
**SODIUM**

- The most common form of sodium is sodium chloride, which is table salt.
- Processed or packaged foods can have large amounts of added sodium.
- For most people, the recommendation is to limit sodium to less than 2,400 mg/day.
- People with certain medical conditions may need to limit their sodium intake much more.
- Having too little sodium can also cause problems. Your health care team will talk with you about how much sodium is best for you.

**TIP:** Processed foods can be packed with sodium. Keep an eye on your salt intake.

**Nutrition Facts**

<table>
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<tr>
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<tbody>
<tr>
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</tr>
<tr>
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</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>8mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>210mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>34g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>7g</td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>5g</td>
</tr>
<tr>
<td><strong>Includes 4g Added Sugars</strong></td>
<td>8g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>11g</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>4mcg</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>210mg</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>3mg</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>380mg</td>
</tr>
</tbody>
</table>

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NUTRIENT  

- Total Fat  
- Saturated Fat  
- Trans Fat  
- Cholesterol  
- Sodium  
- Total Carbohydrate  
- Dietary Fiber  
- Total Sugars  
- Protein  
- Vitamin D  
- Calcium  
- Iron  
- Potassium  

**TIP:** Processed foods can be packed with sodium. Keep an eye on your salt intake.
CARBOHYDRATES

- Carbohydrates include fiber and sugar.
  - Complex carbohydrates contain fiber. They can help you feel full and help with digestion.
  - Simple carbohydrates (or glucose) is the body’s main source of energy and calories.

- Carbohydrates are often found in plant foods and dairy products.

- Some carbohydrates are found naturally, while others are added to food. When deciding which carbohydrates to eat:
  - Switch from refined to whole-grain versions of commonly consumed foods (breads, cereals, pasta, rice).
  - Make at least half of your total grain choices whole grains (whole wheat, whole oats, brown rice). They’re an important source of vitamins and minerals and are typically high in dietary fiber.
  - Limit refined grains, especially in products high in calories, saturated fat, added sugars, and/or sodium (cakes, chips, cookies, crackers).

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<td>12g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>16%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>8mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>320mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>25%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>9g</td>
<td>8%</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
<td>6g</td>
<td>8%</td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td>20%</td>
</tr>
</tbody>
</table>

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Fiber helps with bowel movements, blood sugar control, and heart health.

- Fruits, vegetables, legumes, whole grains, nuts, and seeds are all good sources of fiber in your diet.
- Try to eat 25–30 grams of total fiber each day.
- Try to eat 5–10 grams of soluble fiber each day.

For more information on “soluble fiber” vs. “insoluble fiber,” talk with a dietitian. They can help you find foods to meet this suggestion.
SUGAR

• Sugar carbohydrates (or glucose) is the body’s main source of calories and energy.
• Sugar not found naturally in food is “added sugar” and is often measured in grams on the nutrition label.
• Most packaged foods contain added sugar.

• Limit the amount of added sugar you consume each day. It’s best for added sugar to be less than 10% of your day’s calories.
  - For a 2,000-calorie diet, this means less than 200 calories are added sugar. That’s 50 grams or 12 teaspoons.
• Check the ingredient list on nutrition labels. Added sugar comes in the form of syrup (corn, high-fructose corn, malt, maple, and pancake), molasses, honey, brown sugar, fructose, fruit concentrate, nectars, sucrose, and dextrose.

TIP: Sugar comes in many forms. Avoid or limit added sugar.
VITAMINS & MINERALS

The following nutrients are harder to get in the recommended amount. Look for foods with a higher percentage for the best nutrition options.

• Vitamin D
  − Vitamin D can strengthen your bones, help your immune system, and regulate hormones.

• Calcium
  − Calcium helps with bone formation and muscle and nerve function. Calcium is stored in your bones and used when your supply becomes low.
  − Calcium (continued)
    − If you have been diagnosed with certain types of cancer, like leukemia, your bones may weaken and calcium may leave your bones more quickly. This causes hypercalcemia. Talk with a dietitian about how to avoid hypercalcemia.

• Iron
  − Iron helps your body create red blood cells, which carry oxygen throughout your body.

• Potassium
  − Potassium helps your muscles and nerves function.
“Eat [real] food, mostly plants, not too much.”

MICHAEL POLLAN

KEY TAKEAWAYS

- The serving size on the label can be misleading because it’s often smaller than what we really eat.
- Avoid trans fats.
- Limit saturated fat and cholesterol. Plant foods do not contain cholesterol.

- Processed foods can be packed with sodium. Keep an eye on your salt intake.
- Sugar comes in many forms. Avoid or limit added sugar.
LINDA B. AND ROBERT B. WIGGINS WELLNESS AND INTEGRATIVE HEALTH CENTER

Call 801-587-4585 to make an appointment for a nutrition counseling session.