

WHY

NUTRITION LABELS?



COMPARE PRODUCTS EASILY

%DV

DAILY VALUE OF NUTRIENTS



FDA APPROVED FACTS



KNOW WHAT'S IN THE FOOD



KNOW THE SERVING SIZE



KNOW THE AMOUNT OF ADDED SUGARS

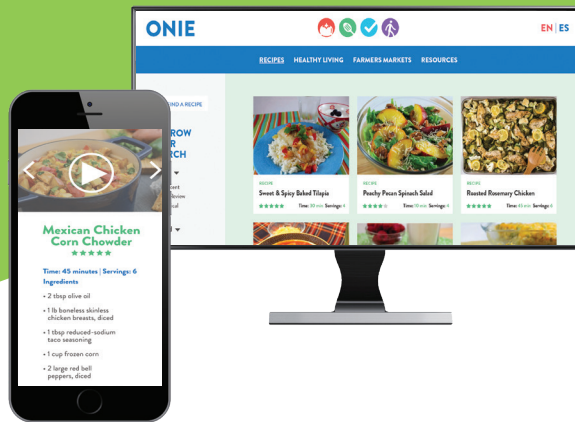
FIND

SIMPLE, TASTY & HEALTHY

RECIPES ONLINE

AT

ONIEPROJECT.ORG/RECIPES




ONIE PROJECT

MAKING

SENSE OF

Nutrition Facts

16 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%

Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%

* 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.

ALL ONIE RECIPES HAVE AN ACCURATE NUTRITION LABEL

NUTRITION LABELS

MAKING SENSE OF NUTRITION LABELS

Serving Size

- All numbers on the label are based on 1 **Serving Size**. Each label shows how many servings per container.
- **Example:** If you eat 2 servings, multiply all label numbers by 2. If you eat 1/2 serving, cut all numbers in half.

Carbohydrates

- Aim for 300g **Total Carbohydrates** a day.
- Aim for at least 28g of **Fiber** a day.
- Fiber helps digest food & makes you feel full longer.
- **Added Sugars** are sugars added in processing & do not occur naturally in the product.
- **Example:** Milk has lactose, a naturally occurring sugar. Chocolate milk has added sugars from the chocolate syrup beyond the naturally occurring lactose.

Vitamins & Minerals

- Aim for 100% of all vitamins & minerals a day.
- The item is a good source of a vitamin or mineral if the %DV is 10% or more; a great source is 20% or more.
- **Vitamin D** helps absorb calcium & improves bone health.
- **Potassium** helps regulate blood pressure.

Nutrition Facts

16 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 140

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 180mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

Total Sugars 18g

Includes 7g Added Sugars **13%**

Protein 8g

Vitamin D 2.5mcg **10%**

Calcium 298mg **25%**

Iron 0mg **0%**

Potassium 420mg **8%**

* 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.

Calories

- **Calories** are the energy supplied by food. If it is not burned, it will be stored in the body as fat.

Fat & Sodium

- Aim for less than 78g of **Total Fat** a day.
- Aim for less than 20g of **Saturated Fat** a day.
- Aim for less than 2,300mg of **Sodium** a day.
- Drain & rinse canned foods to reduce sodium up to 41%.
- Choose *no-salt-added* or *low-sodium* foods.

Protein

- Aim for 20g of **Protein** a meal, 50-60g a day.
- Eat small servings of lean meat, fish & poultry.
- Look for protein sources other than meat, such as beans. These usually have less saturated fat & more fiber.

Nutrients to get more of:

Dietary Fiber: ≥28g

Vitamin D: ≥20mcg

Calcium: ≥1300mg

Iron: ≥18mg

Potassium: ≥4700mg

Nutrients to get less of:

Saturated Fat: ≤20g

Trans Fat: 0g

Sodium: ≤2300mg

Added Sugars: ≤50g

Ingredient List: Ingredients are listed in descending order by weight of the ingredient from most to least.