How to Read a Nutrition Label

AMERICAN BONE HEALTH

1. Serving size:
Serving sizes are standardized to make it easier to compare similar foods. Be aware of how many servings you are eating.

2. Calories:
Calories equal how much energy you get from one serving. However, it is important to limit calories from fat.

3. Limit these nutrients:
Reduce or limit saturated fats, sodium (salt), cholesterol and trans fats. The FDA considers 5% or less low and more than 20% high.

4. Are you getting enough of these nutrients?
Increase or maintain calcium, vitamin D, potassium and iron in your diet. The FDA considers 5% or less low and more than 20% high.

5. Footnote:
The % Daily Value is based on a 2,000 diet. Your daily calorie intake may be higher or lower depending on how much energy you burn.

Sample Label for Macaroni & Cheese

1 Start Here

Nutrition Facts
1 servings per container
Serving size **1 cup (70g)**

2 Check Calories

Amount Per Serving
Calories **250**

3 Limit These Nutrients

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 560mg	**24%**
Total Carbohydrate 52g	**19%**

5% or Less Is Low

4 Get Enough of These Nutrients

Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D	0%
Calcium 60mg	4%
Iron 6.43mg	35%
Potassium 0mg	0%

20% or More Is High

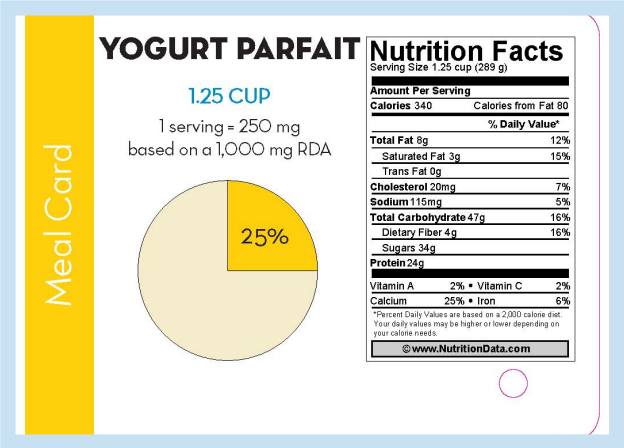
5 Footnote

*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.

*Nutritional label via FDA

Calcium Challenge™

Card Sample



Yogurt Parfait:

Serving size: 1 1/4 container (289 grams)

Calories: 340 calories in one serving with 80 calories from fat

Nutrients: Yogurt is a good source of calcium

Footnote: Based on 2000 calorie diet

Calcium: 250 mg

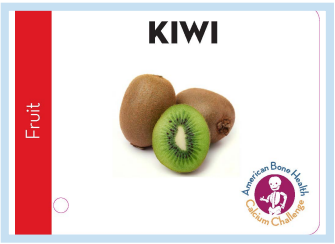
To calculate calcium, take the % and add a zero.

Example: 25% = 250 mg

Calcium-Rich Meal Samples

Breakfast

1 container: 250 mg



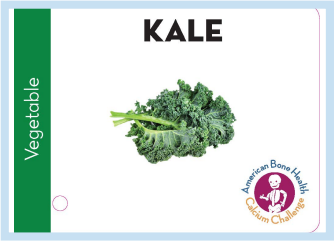
1 kiwi: 30 mg

1 slice: 30 mg

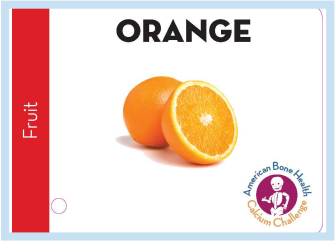
Total Calcium: 310 mg

Lunch

4 oz: 430 mg



1 cup: 90 mg



1 orange, raw: 60 mg

Total Calcium: 580 mg

Dinner

3 oz: 210 mg

1 cup: 160 mg

1 cup: 20 mg

Total Calcium: 390 mg

Total Daily Calcium: 1,280 mg