

Nutrition Label



Prevention and Health Education Unit
Prepared by Licensed Health Educators

Objectives

Talk about the benefits of healthy eating.

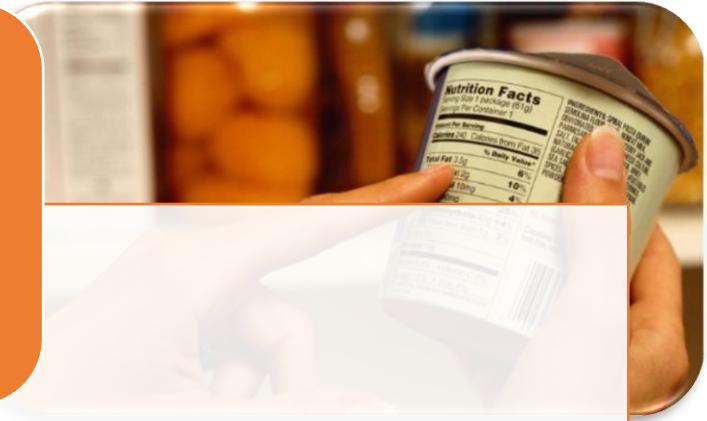
Explain the nutrition facts label in a clear and simple way.

Give easy recommendations to help people choose better foods.

Introduction

The nutrition label is an important tool that helps us choose healthy foods when we go shopping. It shows information about the nutrients in a food, like *calories, fats, carbohydrates, proteins, vitamins, and minerals*, based on one serving. Learning to read it well helps us compare products and choose the healthier option.

Why is it important to read the nutrition label?



- Eating the right portion sizes from the nutrition label can help prevent chronic diseases like diabetes and high blood pressure.
- It also helps you see the real content of the food, not just the marketing.
- Adjusting portions to your own needs allows for a healthier and more appropriate intake.

Healthy Eating



It provides the necessary nutrients for the proper functioning of the body, maintaining health and preventing diseases.



It is based on a varied, balanced and sufficient diet, rich in fruits, vegetables, legumes and whole grains, limiting saturated fats, sugars and ultra-processed foods.



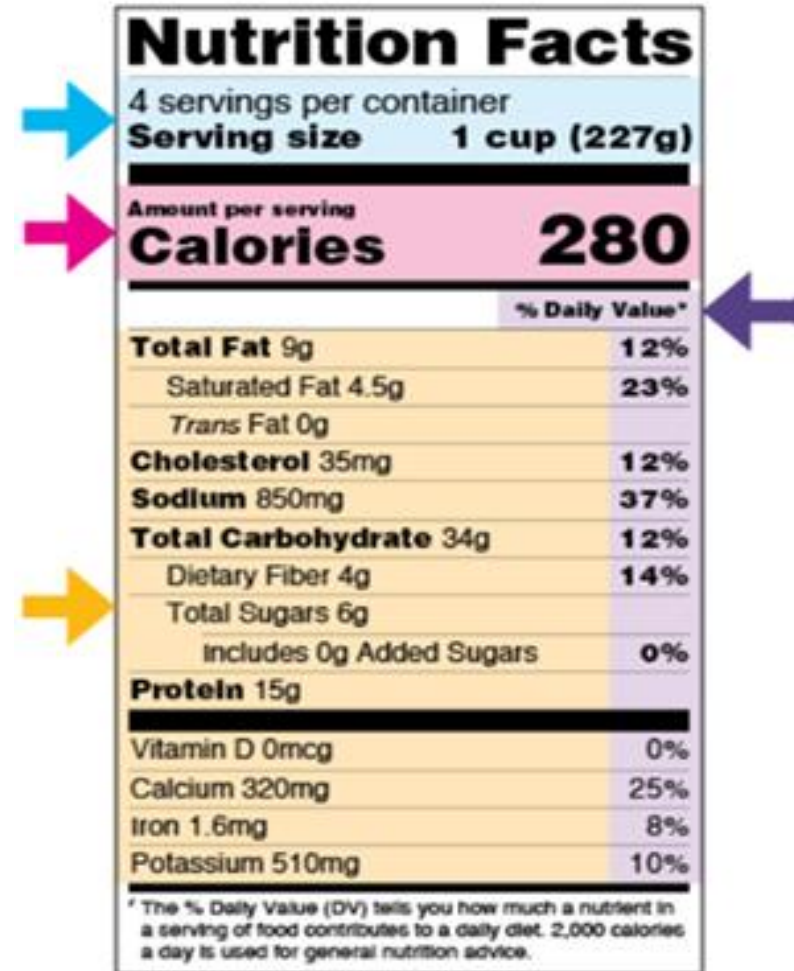
Learn to Read the Nutrition Label

Nutrition Table Overview

The label is not optional. Groups like the FDA and local health ministries decide how the label must look to protect people and make sure the information is clear.

The table is divided into:

- Serving Portion Information
- Calories
- Nutrients (the ones to limit and the ones to increase)
- Daily Value (%DV)



Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
* 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.	

Serving Size

4 servings per container

Serving size 1 cup (227g)

The first step is to check how many servings are in the package and the serving size for each one.

The serving sizes are the same on all similar products, so it is easier to compare foods.

The amounts are shown in everyday measures, like cups or pieces, and in grams (g).

All the information on the label is based on the serving size.

Calories

Amount per serving	
Calories	280

They show how many calories are in each serving.

If you eat two servings, you need to multiply the calories and all the other nutrients by two.

They classify the number of calories this way:

- Low: 40 calories or less
- Moderate: 100 calories
- High: 400 calories or more

Nutrients



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

- 
- **Total Fat:** Includes healthy and unhealthy fats. You should look at the list shown under the total.
 - **Saturated and Trans Fats:** These are “bad fats.” They should be 0g because they raise bad (LDL) cholesterol and increase heart risk.
 - **Cholesterol**
 - No cholesterol - Less than 2 mg per serving.
 - Low cholesterol: 20 mg or less
 - Reduced cholesterol: It has at least 25% less cholesterol than the regular product.

Nutrients



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%



- **Sodium:** Too much can cause high blood pressure. The goal should be less than 2,300 mg a day (about one teaspoon of salt total).
- **Total Carbohydrates:** This is the sum of fiber, sugars, and starches. It is the main source of energy for the body.



Nutrients



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

- **Fiber** can help lower bad cholesterol in the blood, make you feel full, and help you keep a healthy weight.
- Adults need at least 25 to 34 grams **of fiber a day** to stay healthy.

Nutrients



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%



Added sugar:

- Sugar-free: means it has less than 0.5 grams per serving.
- Reduced sugar: means it has at least 25% less sugar per serving than the regular version.
- No added sugar: means no sugar or sugar-containing ingredients were added during processing.

Nutrients



Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

- **Proteins:** Needed to repair tissues and muscles. It usually does not show a % Daily Value because most people already eat enough.
- **Vitamins and Minerals:** Vitamin D, Calcium, Iron, and Potassium. These are required on the label because many people do not get enough of them.

Percent Daily Value (%DV)

- It shows how much a nutrient adds to your daily food needs.
- Based on an average 2,000-calorie diet.
 - 5% or less = **low**
 - 20% or more = **high**

Try to choose foods that are:

- Higher %DV in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower %DV in saturated fat, sodium, and added sugars.

Nutrition Facts		
Porciones por envase →	4 servings per container	
	Serving size 1 1/2 cup (208g)	← Tamaño de la porción
	Amount per serving	
Calorías →	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 % 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.	

Summary

Whole serving in the product: Some containers or packages may have more than one serving.

More visible calories: As a general guide, 2,000 calories per day are recommended.

General tips: Choose foods that are higher in dietary fiber, vitamin D, calcium, and potassium. Choose foods that are lower in saturated fat, sodium, and added sugars.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g **Added Sugars 20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*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.

More realistic serving: The serving size of the whole product is shown in big, bold letters, and it shows the amount per serving.

Total Calories: 100 calories per serving in a container or package is considered moderate. 400 calories per serving is considered high.

% Daily Value: Shows the nutrients per serving. Less than 5% is low. More than 20% is high.

Nutrients: Added sugars, vitamin D, and potassium were included along with the amounts per serving.

Additional Recommendations



Additional recommendations

Ingredients list

Identified by weight: They are listed from the largest amount to the smallest. Low nutritional value: If the first ingredient is “sugar” or “refined flour,” the product does not have good nutritional value (it is not healthy).

Additional Names to Sugar

High-sugar ingredients: High-fructose corn syrup, maltodextrin, honey, concentrated fruit juice, dextrose.

All are high in sugar: All of them have a high sugar content!

Stamps

Do not trust the front labels: Do not rely only on what the front of the package says, such as “Light,” “Natural,” or “Multigrain.” Always check the Nutrition Facts: Always look at the nutrition label on the back to know the real information about the product.



Additional recommendations

Check important nutrients: Look at key nutrients in the product, such as sugar, fat, and salt, and think about what you need for your health. Choose what is best for you: This will help you know if that food is good for you or if it is better to pick another one.

Focus on harmful fats: It is better to look at the amount of saturated fat and trans fat, because these are the ones that cause the most harm. Not all fats are bad: Some fats are healthy, such as those in avocado, nuts, seeds, vegetable oils, and fish.

Avoid trans fats: Even if the label says, “0 g,” if the ingredient list shows “partially hydrogenated oil,” it means the product still has a small amount of these fats, and they are harmful to your health.

More than one serving increases trans fat: If you eat more than one serving, you can end up consuming a lot of trans fat, even if the label says “0 g.”



Additional recommendations

Total sugars: Total sugars include natural sugars and the sugars that are added to the food.

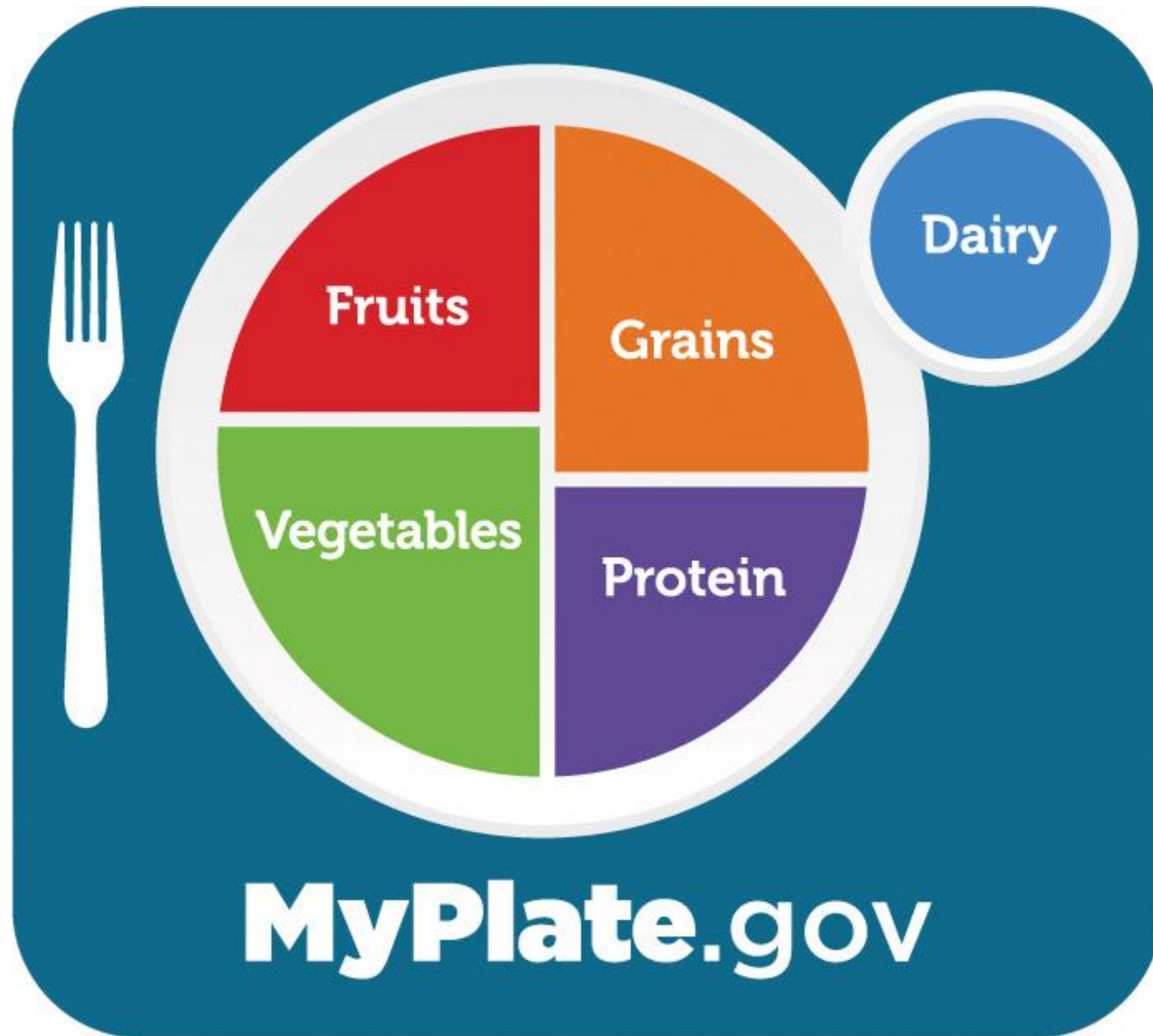
- Limit added sugars: It is important to limit added sugars, as well as saturated fats and sodium, because eating too much of these can affect your health.

Compare labels: Compare the labels of different brands or similar products and choose the ones with less sugar, saturated fat, and sodium. Choose the healthier option: This will help you pick the healthiest choice whenever possible.



The New Pyramid





**Questions or
Comments**



References

- <https://www.mesadelcastillo.com/como-influye-la-alimentacion-en-la-salud-beneficios-ejemplos-consejos-medicos/>
- <https://vidasaludable.gob.mx/alimentacion-saludable>
- <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following hotlines:

Available Service Lines

Medical Advice Line

24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805



*Thank
you!*



¿Ayuda con su Plan de Salud del Gobierno?



ASES

ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO



Línea libre de cargos
1-800-981-2737
TTY 787-474-3389