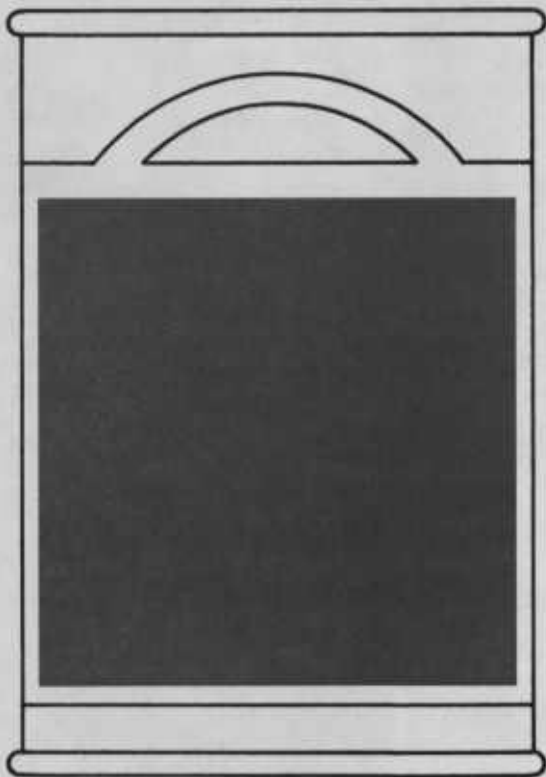


10,561 1/3/84 #2150

We want
you to know
about

nutrition
labels
on food



NUTRITION LABELING

Many food processors are putting nutrition information on their food labels. All fortified foods, and all foods for which a nutrition claim is made, must display nutrition information on the labels.

In addition to the usual information, such as name, net weight and ingredients, the new label will tell you what nutritional value is in the food. Information will be provided on the following:

- Calories
- Protein
- Carbohydrate
- Fat
- Vitamin A
- Vitamin C
- Thiamine
- Riboflavin
- Niacin
- Calcium
- Iron

The labels at the right are examples of what you should look for in your store.

Nutrition information must appear in a standard format and, unless space does not permit, always on the part of the label immediately to the right of the main panel. Having the nutrients always listed in the same order and location makes it easier for you to compare labels.

WHAT DOES RDA MEAN?

U.S. Recommended Daily Allowances (U.S. RDA) are the amounts of protein, vitamins and minerals that an adult should eat every day to keep healthy.

Nutrition labels list the U.S. RDA by percentage. To make sure you get enough vitamins and minerals, the percentages for each from different kinds of food should add up to about 100 each day.

U.S. Recommended Daily Allowances (U.S. RDA)

Protein	
Protein quality equal to or greater than casein	45 grams
Protein quality less than casein	65 grams
Vitamin A	5,000 International Units
Vitamin C (ascorbic acid)	60 milligrams
Thiamine (vitamin B₁)	1.5 milligrams
Riboflavin (vitamin B₂)	1.7 milligrams
Niacin	20 milligrams
Calcium	1.0 gram
Iron	18 milligrams
Vitamin D	400 International Units
Vitamin E	30 International Units
Vitamin B₆	2.0 milligrams
Folic acid (folacin)	0.4 milligram
Vitamin B₁₂	6 micrograms
Phosphorus	1.0 gram
Iodine	150 micrograms
Magnesium	400 milligrams
Zinc	15 milligrams
Copper	2 milligrams
Biotin	0.3 milligram
Pantothenic acid	10 milligrams

The nutrients in bold type **must** appear on nutrition labels. The other nutrients **may** appear.

NUTRITION INFORMATION	
(PER SERVING)	
SERVING SIZE = 1 OZ.	
SERVINGS PER CONTAINER = 12	
CALORIES	110
PROTEIN	2 GRAMS
CARBOHYDRATE	24 GRAMS
FAT	0 GRAM
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)*	
PROTEIN	2
THIAMINE	8
NIACIN	2
*Contains less than 2 percent of U.S. RDA for Vitamin A, Vitamin C, Riboflavin, Calcium and Iron.	

This is the minimum information that must appear on a nutrition label.

NUTRITION INFORMATION	
(PER SERVING)	
SERVING SIZE = 8 OZ.	
SERVINGS PER CONTAINER = 1	
CALORIES560	FAT (PERCENT OF CALORIES 53%) 33 G
PROTEIN 23 G	POLYUNSAT-URATED 2 G
CARBOHYDRATE .. 43 G	SATURATED 9 G
	CHOLESTEROL* (20 MG/100 G) 40 MG
	SODIUM (365 MG/100 G).....830 MG
PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)	
PROTEIN35	RIBOFLAVIN15
VITAMIN A35	NIACIN25
VITAMIN C (ASCORBIC ACID)10	CALCIUM 2
THIAMINE (VITAMIN B ₁)15	IRON25
* Information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and cholesterol.	

A label may include optional listings for cholesterol, fats, and sodium.

HOW TO READ NUTRITION LABELS

Nutrition information is per serving. The label gives the size of a serving (for example, one cup, two ounces, one tablespoon) and tells how many servings are in the container.

Then calories are listed, followed by the amounts in grams of protein, carbohydrate and fat.

Protein is listed twice, in grams and as a percentage of the U.S. Recommended Daily Allowance.

Seven vitamins and minerals must be shown, in the same order, on all nutrition labels.

Other vitamins and minerals may also be listed.

Listing of cholesterol, fatty acid, and sodium content is optional.

A KEY TO METRIC UNITS

Nutrition labels show amounts in grams rather than ounces, because grams are a smaller unit of measurement, and many food components are present in small amounts. Here is a guide to help you read nutrition labels:

- 1 pound = 454 grams (g)
- 1 ounce = 28 grams (g)
- 1 gram = 1,000 milligrams (mg)
- 1 milligram = 1,000 micrograms (mcg)

HOW TO USE NUTRITION LABELS

You can use nutrition labels in many ways:

- To plan more nutritious meals for you and your family.
- To get more nutrition for your food dollar by comparing the nutrition values of different brands and foods.
- To select food for special diets recommended by physicians, such as for low sodium or low cholesterol.
- To count calories.
- To compare new foods with familiar ones.

FDA AND NUTRITION LABELS

Nutrition labeling is a program developed by the Food and Drug Administration. It is required for some foods and optional for others.

In response to consumer requests, nutrition labeling was developed to provide you with more information on the food you eat.

Reprinted from U.S. Department of Health, Education, and Welfare Publication No. 74-2039. Prepared by Food and Drug Administration, Public Health Service, Department of Health, Education, and Welfare.

EC 911

Reprinted January 1984

Extension Service, Oregon State University, Corvallis, O. E. Smith, director. This publication was produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U. S. Department of Agriculture, and Oregon counties. Extension invites participation in its programs and offers them equally to all people, without discrimination.