

## Reading the Label

Ever eaten a snack you thought was low in calories only to discover that you had consumed five times the serving size for the amount of calories described on the Nutrition Facts Label on the package? So have we, so here is some help in understanding the Label.

The Nutrition Facts Label is found on almost all processed foods. One of the first things described is the serving size and the number of servings per package, which are listed at the top. The serving size affects the calories, the amounts of each nutrient, and the percent Daily Values (%DV) for the nutrients listed on the panel.

The Nutrition Facts Label also shows calories, serving size and a list of nutrients. The nutrients listed first are the ones that some people eat more of than they need. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk for chronic diseases like heart disease, diabetes, some cancers, or high blood pressure. The Label also shows how much dietary fiber, vitamin A, vitamin C, calcium, and iron are contained in a serving.

For more help in understanding the Nutrition Facts Label, check out *Make Your Calories Count*, a web-based learning tool from the Food and Drug Administration. It's on our website, [www.apwuhp.com](http://www.apwuhp.com). Click the Health Care and Patient Safety Tips bullet on the homepage, the link is at the bottom of the page.