

Avoid extra sugars!



Pineapple chunks
in heavy syrup

VS.



Pineapple chunks in
100% pineapple juice

Nutrition Facts

Serving Size: 1/2 cup (123g)

Amount Per Serving

Calories 90 Calories from Fat 0
% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol 0 mg 0%

Sodium 10 mg 0%

Potassium 100 mg 3%

Total Carbohydrate 24 g 8%

Dietary Fiber 1 g 4%

Sugars 22 g

Sugar Alcohols

Protein 0 g

Vitamin A 0 IU 0%

Vitamin C 12 mg 20%

Calcium 0 mg 0%

Iron 0.36 mg 2%

Lots of sugar

Nutrition Facts

Serving Size: 2 slices (114g)

Amount Per Serving

Calories 60 Calories from Fat 0
% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 10 mg 0%

Potassium

Total Carbohydrate 15 g 5%

Dietary Fiber 1 g 4%

Sugars 13 g

Sugar Alcohols

Protein 0 g

Vitamin A

Vitamin C 15 mg 25%

Calcium

Iron 0.36 mg 2%

A better choice

Look for labels that say "100% Juice"

Many "fruit drinks" are full of added sugars.

They contain mainly water and high fructose corn syrup. Fruit drinks such as Sunny-D only contain 5% juice.



Better Choices:

Choose 100% juice (such as Tropicana or Minute Maid) or low-fat milk as they contain essential nutrients.

Best Choice:

It's always better to **drink water** and **eat a fruit** rather than drink juice, as it has more fiber and less sugar!



Making Health Equality a Reality



Figuring out

FOOD LABELS

The Institute for Family Health

Bronx Health REACH

16 East 16th Street

New York, NY 10003

Phone: 212-633-0800 x 1232

Website: www.bronxhealthreach.org

How to read a nutrition label

Start here

See how much is one serving.

Check calories

Most adults should have no more than 2,000 calories per day.

Limit these nutrients

Too much fat, cholesterol, trans-fat, sodium and sugar increases your risk of heart disease, high blood pressure and diabetes.

Unsaturated fats are considered “good fat.”

Foods that have more than 480 milligrams of sodium per serving should not be eaten regularly. They are considered to be dangerously high in salt.

Get enough of these nutrients

Most people don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets.

Getting enough of these nutrients improves your health. For example, a diet high in fiber helps lower your cholesterol.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Proteins 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick guide to Percent Daily Value

5% or less is low. 20% or more is high.

Choose a low-fat snack!



VS.



Nutrition Facts

Serving Size 1 oz. (28g/About 15 chips)

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 5g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Potassium 350mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **5%**

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Lots of fat

Nutrition Facts

Serving Size: 1 (1 oz, 28 grams)

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g **4%**

Calcium

A better choice