**Serving Size:** Is your serving the same size as the serving size on the label? One food or drink package may contain multiple servings.

**Calories:** Total calories in one serving.

**Total Carbohydrate:** Carbs fuel your body and give it energy to keep everything going.

**Dietary Fiber:** Unlike fats, proteins, and carbs, fiber isn’t digested and has ZERO CALORIES. It passes through the body and benefits intestinal health, cholesterol, and blood sugar levels.

**Protein:** Protein is needed to help repair cells and make new ones. It is essential for growth and development during childhood, adolescence, and pregnancy. Meat, dairy, and seeds are common sources of protein.

**Daily Value:** These are based on a 2,000-calorie daily diet. This helps you determine if a food is low or high in a nutrient.

**Saturated Fat:** Animal fat and certain oils are common sources. This can raise cholesterol and increase risk for heart disease!

**Cholesterol:** Too much can lead to heart disease. You should eat less than 300 mg a day.

**Sodium:** Also known as “Salt”, it can lead to high blood pressure. Less than 3,000 mg/day is recommended.

**LIMIT THESE NUTRIENTS!**

**Vitamins & Minerals:** Your body needs these to grow and develop. Each plays a unique role in maintaining health.
DECODING NUTRITIONAL LABELS

What is that nutrition label telling you?

A. 

B. 

C. 

Match the Nutrition Facts to the Food!

- Boiled Egg
- 2% Milk
- McDonald’s Cheeseburger
- Taco Bell Original Taco with Beef
- Flour Tortilla (8 inches)
- Banana

For more information & other handouts, visit http://www.utexas.edu/student/housing/wellness