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Beginner lessons for Nutrition Labels

Unlock the Secrets of Nutrition Labels for Healthier Choices!

DEFINITION

> Nutrition labels provide essential information about the food we eat, helping us make informed choices. They list ingredients, serving sizes, and nutritional values.

KEY CONCEPTS

Serving Size

The amount of food that is considered one serving, which affects calorie counts.

Calories

The total energy provided by one serving of the food, important for managing intake.

Nutrients

Includes fats, carbohydrates, proteins, vitamins, and minerals that contribute to health.

Percent Daily Values

Indicates how much a nutrient in a serving contributes to a daily diet, based on a 2,000-calorie diet.

Ingredients List

A list of all ingredients in the product, ordered by quantity from highest to lowest.

EXAMPLES

→ A cereal box shows 1 cup as a serving size with 150 calories.

→ A snack label indicates 10% of daily fiber in one serving.

→ A beverage lists sugar as the first ingredient, indicating high sugar content.

MEMORY TIPS

★ Remember 'Serving Size' as the 'starting point' for understanding nutrition.

★ Use 'CAL' in 'CALories' to remind you of energy content.

★ Think of 'Percent Daily Values' as a 'percentage of your plate' for daily intake.

COMMON MISTAKES

✗ Ignoring serving sizes and consuming multiple servings at once.

✗ Confusing calories from fat with total calories.

✗ Overlooking the ingredients list for hidden sugars and additives.

QUICK RECAP

Nutrition labels are essential tools for making healthy food choices. Focus on serving sizes, calories, and nutrient content to guide your diet effectively.