

# UNDERSTANDING NUTRITION FACTS LABEL



**Did You Know:** The Nutrition Facts label became mandatory following the Nutrition Labeling and Education Act of 1990. Currently, it is monitored by the FDA (U.S. Food and Drug Administration). In 2016, the label underwent a revision and update based on the latest scientific data and public feedback to make it easier for people to make informed and speedy food choices.

## Nutrition Facts

4 servings per container

**Serving size 1 1/2 cup (208g)**

Amount per serving

**Calories**

**240**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1.5g **8%**

*Trans Fat* 0g

**Cholesterol** 5mg **2%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

**Protein** 11g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 6mg **35%**

Potassium 240mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### SERVING SIZE

When reading the Nutrition Facts label, look at the serving size and number of servings per package to understand how much of the food you are eating. The serving size is an average amount that people consume, **not** a recommendation of how much to eat. If you consume more than 1 serving, you need to adjust the nutrient and calorie amounts accordingly.

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### CALORIES

Calories are an indicator of the amount of energy provided in a serving of food. However, your calorie requirements will depend on your age, gender, height, weight, and physical activity level. In this example, there are 240 calories in one serving (1 1/2 cup). If you ate the entire package, then you would consume 4 servings, or 960 calories.

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### NUTRIENTS

#### Total Fat, Cholesterol, and Sodium:

Choose foods that have less saturated fat, trans fat, cholesterol and sodium because overconsumption of these nutrients have been linked to various health conditions, including cardiovascular disease and high blood pressure.

#### Total Carbohydrate:

- Dietary fiber helps reducing cholesterol, promotes bowel movements and satiety, and maintains a healthy weight.
- Added Sugars are sugars that are added during the processing of foods (such as sucrose, dextrose, table sugar, syrups, honey, and sugars from concentrated fruit juices).

#### Protein:

Protein is important for post-exercise recovery, reduces muscle loss, builds lean muscle, maintains a healthy weight, and suppresses hunger.

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### VITAMINS AND MINERALS

Certain nutrients such as vitamin D, calcium, iron, and potassium are often deficient in the diets of many Americans. Adequate intake of these nutrients can decrease the likelihood of developing health concerns such as osteoporosis, anemia, and hypertension.

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### % DAILY VALUE (DV)

The % Daily Value (%DV) helps you identify if a serving of food is high or low in a nutrient.

#### General Guide to %DV:

- 5% or less is low. Choose foods that have lower %DV in saturated fat, trans fat, cholesterol and sodium.
- 20% or more is high. Choose foods that have higher %DV in vitamins, minerals and dietary fiber.



#### References:

- Understanding Food Nutrition Labels (Reviewed August 3, 2023). American Heart Association. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>
- How to Understand and Use the Nutrition Facts Label (Content Current as of September 27, 2023). FDA.gov. Retrieved from <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
- Understanding Food Labels (Reviewed June 2021). Harvard T.H.Chan School of Public Health. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>

# 理解 營養成分標籤



**您知道嗎：**根據 1990 年《營養標籤和教育法案》，營養成分標籤成為強制性規定。目前，它由 FDA（美國食品和藥物管理局）監管。2016 年，該標籤根據最新科學數據和公眾回饋進行了修訂和更新，以便人們更容易做出明智、快速的食品選擇。

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1

### 份量 SERVING SIZE

閱讀營養成分標籤時，請查看每包的份量和份數，以了解您吃的食物量。例如，左邊標籤展示的份量是人們吃的平均量（一份 = 1 1/2 杯），而不是建議吃多少。如果您食用超過一份，則需要相應地調整營養和卡路里量。

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### 卡路里 CALORIES

卡路里是一份食物中提供的能量的指標。然而，您的卡路里需求將取決於您的年齡、性別、身高、體重和體力活動程度。例如一份（1 1/2 杯）含有 240 卡路里。如果您吃掉整包（即是 4 份量），那麼您將吸收 960 卡路里在一頓飯中。

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### 營養素 NUTRIENTS

#### 總脂肪、膽固醇和鈉 (Total Fat, Cholesterol, and Sodium)

選擇飽和脂肪 (Saturated Fat)、反式脂肪 (Trans Fat)、膽固醇 (Cholesterol) 和鈉 (Sodium) 含量較低的食物，因為過度攝取這些營養素會引發各種健康狀況，包括心血管疾病和高血壓。

#### 總碳水化合物 (Total Carbohydrate)

- 膳食纖維 (Dietary Fiber) 有助於降低膽固醇、促進腸蠕動、提供飽足感並維持健康的體重。
- 添加糖 (Added Sugars) 是在食品加工過程中添加的糖（例如蔗糖、葡萄糖、食糖、糖漿、蜂蜜以及濃縮果汁或蔬菜汁中的糖）。

#### 蛋白質 (Protein)

蛋白質對於運動後恢復很重要，可以減少肌肉流失，增強肌肉，保持健康體重，並抑制飢餓感。

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### 維生素和礦物質 VITAMINS AND MINERALS

許多美國人的飲食中經常缺乏某些營養素，例如維生素 D (Vitamin D)、鈣 (Calcium)、鐵 (Iron) 和鉀 (Potassium)。充足攝取這些營養素可以降低骨質疏鬆症、貧血和高血壓等健康問題的可能性。

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### 每日攝取量百分比 % DAILY VALUE (DV)

每日攝取量百分比 (%DV) 可協助您確定一份食物的營養素含量是高還是低。

#### %DV 指南：

- 5% 或更少是低的。選擇飽和脂肪 (Saturated Fat)、反式脂肪 (Trans Fat)、膽固醇 (Cholesterol) 和鈉 (Sodium) 含量百分比比較低的食物。
- 20% 或更多是高的。選擇維生素 (Vitamins)、礦物質 (Minerals) 和膳食纖維 (Dietary Fiber) 含量百分比比較高的食物。



參考：

- 了解食品營養標示（審核日期：2023 年 8 月 3 日）。美國心臟協會。取自 <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understand-food-nutrition-labels>
- 如何理解和使用營養成分標籤（內容截至 2023 年 9 月 27 日）。FDA.gov。取自 <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
- 了解食品標籤（2021 年 6 月審核）。哈佛大學陳曾熙公共衛生學院。取自 <https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>