

## FOOD LABELS AND PORTION CONTROL

### Read Food Labels for Better Health

Reading food labels is an important habit for a healthier lifestyle. All foods are not created equal. The same type of food, such as spaghetti sauce, may have two different food labels. One may have more calories or more sodium than the other. The food label tells you the nutritional content of a food to help you make wise choices about what you consume. The new food label is easier to read and allows you to find information quickly. In addition, standardized serving sizes make product comparison easier.

**Serving size and servings per container.** The serving size influences all of the nutrients on the label.



## Nutrition Facts

**Serving Size 2 cups (228g)**  
**Servings per Container about 2**

**Amount Per Serving**

**Calories 150**    **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**    **3%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 180mg**    **7%**

**Total Carbohydrate 34g**    **11%**

**Dietary Fiber 1g**    **3%**

Sugars 2g

**Protein 3g**

**Vitamin A 10%**    •    **Vitamin C 20%**

**Calcium 2%**    •    **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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

**Calories per gram:**  
**Fat 9**    •    **Carbohydrates**    •    **Protein 4**

**Fat, cholesterol, and sodium section.** Limit your daily consumption of these nutrients.



**Fiber, protein, and vitamin and mineral section.** Make sure you are getting enough of these nutrients.



**Footnote section.** It shows the recommended daily amounts of fat, cholesterol, sodium, carbohydrate, and fiber for a 2,000-calorie and 2,500-calorie diet.



**Calories per serving and calories from fat.** If a 150-calorie food has five calories from fat, divide five by 150 and multiply the answer by 100. The result shows that food gets 3 percent of its calories from fat.



**Percent daily values.** This is the percentage of your daily-recommended nutrients that you are getting in one serving of this food. The values are based on a 2,000-calorie diet. If you were only eating 1,500 calories, this would need to be adjusted.

**General Guideline —** If the food contributes 5 percent or less of the daily value, it is considered low; 20 percent or more is considered high. For example, this food item is low in fat and low in cholesterol.

# Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the **Portion Distortion Quiz** below to see if you know how today's portions compare to the portions available 20 years ago. In addition, find out the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are at the bottom of the page.



- 1) A bagel was three inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
  - a.  150 calories
  - b.  250 calories
  - c.  350 calories
- 2) A cheeseburger had 333 calories. How many calories do you think are in today's cheeseburger?
  - a.  590 calories
  - b.  620 calories
  - c.  700 calories
- 3) A 6.5 ounce portion of soda had 85 calories. How many calories do you think are in today's portion?
  - a.  200 calories
  - b.  250 calories
  - c.  300 calories
- 4) A 2.4 ounce serving of french fries had 210 calories. How many calories do you think are in today's portion?
  - a.  590 calories
  - b.  610 calories
  - c.  650 calories
- 5) A portion of spaghetti and meatballs had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
  - a.  600 calories
  - b.  800 calories
  - c.  1,025 calories
- 6) A cup of coffee with milk and sugar was eight ounces and had 45 calories. How many calories do you think are in today's mocha coffee?
  - a.  100 calories
  - b.  350 calories
  - c.  450 calories
- 7) A muffin was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
  - a.  320 calories
  - b.  400 calories
  - c.  500 calories
- 8) Two slices of pepperoni pizza had 500 calories. How many calories do you think are in today's large pizza slices?
  - a.  850 calories
  - b.  1,000 calories
  - c.  1,200 calories
- 9) A chicken Caesar salad had 390 calories. How many calories do you think are in today's chicken Caesar salad?
  - a.  520 calories
  - b.  650 calories
  - c.  790 calories
- 10) A box of popcorn had 270 calories. How many calories do you think are in today's tub of popcorn?
  - a.  520 calories
  - b.  630 calories
  - c.  820 calories

**Reference:** National Heart, Lung, and Blood Institute. "Do You Know How Food Portions Have Changed in 20 Years?" 9 Jul. 2009 <[http://hp2010.nhlbi.nih.gov/oei\\_ss/PD1/download/ppt/PD1.ppt#265,1,Slide 1](http://hp2010.nhlbi.nih.gov/oei_ss/PD1/download/ppt/PD1.ppt#265,1,Slide 1)>.

- PORTION DISTORTION QUIZ ANSWER KEY**
- 1) c. 350 calories for a six-inch bagel. If you rake leaves for 50 minutes, you'll burn the extra 210 calories.\*
  - 2) a. 590 calories. You'll need to lift weight for 90 minutes to burn the extra approximately 257 calories.\*
  - 3) b. 250 calories for a 20 ounce soda. If you work in the garden for 35 minutes, you will burn the extra 165 calories.\*\*
  - 4) b. 610 calories for a 6.9 ounce portion of french fries. If you walk leisurely for 70 minutes, you burn the extra 400 calories.\*\*
  - 5) c. 1,025 calories for a portion consisting of two cups of pasta with sauce and three large meatballs. If you houseclean for two hours and 35 minutes, you will burn approximately 525 calories.\*
  - 6) b. 350 calories for a 16-ounce cup of coffee. If you walk approximately one hour and 20 minutes, you will burn the extra 305 calories.\*
  - 7) c. 500 calories for a five ounce muffin. If you vacuum for approximately one hour and 30 minutes you will burn the extra 310 calories.\*
  - 8) a. 850 calories for two large slices of pizza. If you golf (while walking and carrying clubs) for one hour, you will burn the extra 350 calories.\*\*
  - 9) c. 790 calories for a three-cup portion. If you walk the dog for one hour and 20 minutes, you will burn the extra 400 calories.\*\*
  - 10) b. 630 calories for a tub of popcorn. If you do water aerobics for one hour and 15 minutes, you will burn the extra 360 calories.\*\*
- \*Based on a 150-pound person. \*\*Based on a 160-pound person