

# Nutrition FUNdamentals

## Learning the label lingo

Week 3



## Employee Guide

Food labels are one of the best tools you can use when taking a healthy approach to nutrition. During the next couple of weeks, **Nutrition FUNdamentals** will guide you to a better grasp of the ins-and-outs of the Nutrition Facts label.

The information in Week 3 will teach you the basics of the Nutrition Facts label, and will highlight serving size and servings per container, Percent Daily Value, calories and calories from fat.

### Week 3 handouts

#### Unraveling the food label mystery –

The Nutrition Facts label solves the mystery of what is in the foods you buy.

**Learning the label lingo: Serving size and servings per container** – Serving sizes help you understand how much you're eating.

**Learning the label lingo: Calories and calories from fat** – Too many calories and calories from fat don't have to trip you up.

**Learning the label lingo: Percent Daily Value** – Are you achieving or exceeding the recommended daily allowances for certain nutrients?



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# Getting started



## Review handouts for Week 3

This week's handouts can help you understand the Nutrition Facts food label so that it's easier to make quick and informed choices. Focus on using what you've learned to remember to make healthy shopping easier.

## Check out the Personal Health Manager's Ask A Dietitian feature

A registered dietitian is available online to answer any questions you may have about food labels or to offer other nutrition advice.

## Put knowledge into action

Make a point to start reading food labels. Pull out some foods from the pantry or look at a few labels when shopping at the grocery store. You'll be surprised how easy it is to make good choices once you know the different parts of the food label.

## Search for misleading marketing tactics

Check out the foods in your pantry to see if some of the serving sizes are far-fetched. Does the snack-size bag of low-fat crackers contain more than one serving?

Starting to feel like food labels are easier to understand?  
By next week you'll be a food label pro with even more  
helpful hints from **Nutrition FUNdamentals**.

