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Read the Label, Set a Better Table

A Guide to Nutrition Labeling
From The Food and Drug Administration

How smart shoppers can use Nutrition Labeling

To serve better meals:

one: Compare labels to select foods that round out the nutrients you need daily. For example, if you need more Vitamin A, compare food labels to find the best sources of this vitamin.

two: Use nutrition labels to help count calories.

three: People on special diets recommended by their physicians can use nutrition labels to help avoid restricted foods.

four: Read labels on new foods to see what nutrients they supply.

To save money:

Yields: 4 (½-cup)*
servings
(31¢ ÷ 4 = Cost)
Cost 7.8¢ per serving



Yields: 7 (½-cup)*
servings
(49¢ ÷ 7 = Cost)
Cost: 7¢ per serving



*Note: Serving sizes must be the same for accurate comparison.

one: Use labels to compare the cost per serving of similar foods (*see illustration*).

two: Read labels to make sure you get the most for your food dollar. For example, compare two frozen pot pies of the same weight. One costs 39 cents, the other 29 cents. But when you read the nutrition label, you may see the pot pie that costs 39 cents provides a higher percentage of the

U.S. RDA for protein. So if you are serving the pot pie as a main dish, and protein content is important, the one that costs 39 cents may be a better buy – nutrition-wise.

three: Read labels to find less-costly substitutes for more expensive foods. For instance, you may be surprised to learn that many canned and packaged foods have high amounts of protein at a reasonable price.

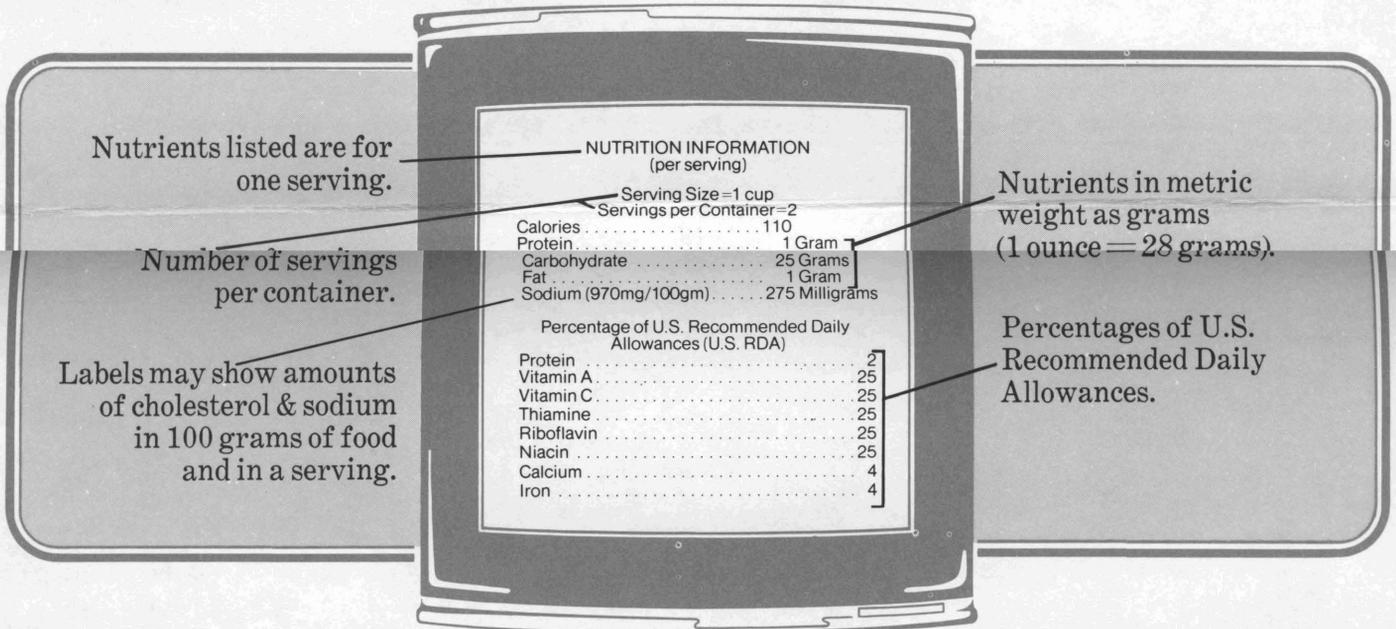
NUTRITION LABELING LETS YOU IN ON WHAT'S INSIDE

Want to know what nutrients are in the food you eat?

It's simple. Just read the label on food packages and cans now on your supermarket shelves.

The Food and Drug Administration has developed a new labeling program to help you identify

the nutrient content of the foods you buy. All labels with nutrition information must follow the same format. Any food to which a nutrient is added, or which makes a nutritional claim, must have a nutrition label. Nutrition labeling for other foods is optional.



The upper portion of the label shows you the number of calories in a serving of the food, and lists, in grams, the amount of protein, carbohydrate and fat. These are the three major nutrients that make up all the food we eat.

The lower portion of the label tells you the percentage of United States Recommended Daily

Allowance (U.S. RDA) for protein and seven vitamins and minerals provided in one serving. Add percentages for each nutrient consumed throughout the day. When the daily total approaches 100, you are getting an ample supply of that nutrient.

The chart on the opposite side of this brochure shows what the U.S. RDA is for specific nutrients.

A Well-Balanced Diet

Food provides us with the nutrients we require each day to stay healthy. Since no single food can provide all the nutrients needed, we must eat a

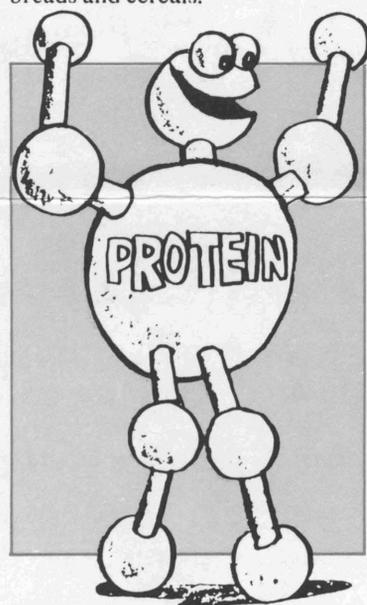
variety of foods each day. Nutrition labels tell us what nutrients foods contain. They can help us select the foods we need for a well-balanced diet.

Let's look at the key nutrients to see what they do for your body and foods that supply them.

PROTEIN

Function Builds and repairs all body tissues. Supplies energy (calories).

Good Sources Meat, fish, poultry, eggs, milk and cheese. Also dried peas and beans, nuts, and enriched breads and cereals.



FAT

Function Most concentrated source of energy (calories). Carries vitamins A, D, E and K.

Good Sources Butter, margarine, vegetable oils, salad dressings, meat and dairy fats.



VITAMINS

Vitamin A—Function Promotes normal vision in dim light, and healthy skin and lining tissues. Resistance to infection.

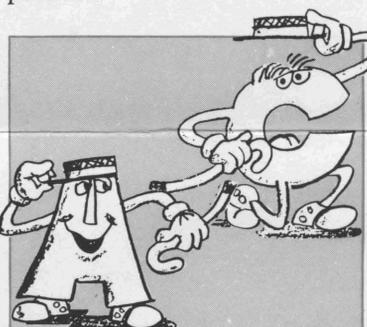
Good Sources Liver, eggs, dark green and yellow vegetables, butter, margarine, milk, peaches and cantaloupe.

Vitamin D—Function Helps the body build calcium and phosphorus into bones and teeth.

Good Sources Fish liver oils and fortified milk and margarine. Formed in the skin when exposed to sunlight.

Vitamin C or Ascorbic Acid—Function Important for healthy tissues—gums, blood vessels, bones and teeth. Promotes healing.

Good Sources Citrus fruits, strawberries, cantaloupe, broccoli, cabbage, tomatoes, green peppers and potatoes.

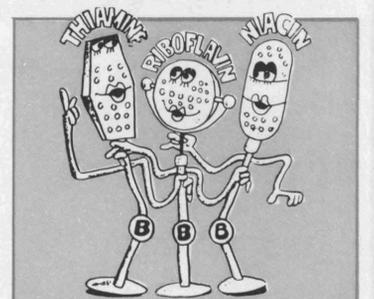


Thiamine or Vitamin B₁—Function Promotes normal appetite and digestion and helps keep the nervous system healthy.

Good Sources Meat, especially pork and liver, enriched breads and cereals, dried peas and beans.

Riboflavin or Vitamin B₂—Function Helps keep eyes, skin and mouth healthy.

Good Sources Meat, especially liver, milk, and milk products, eggs, green leafy vegetables, enriched breads and cereals.



Niacin—Function Helps keep skin, mouth and the nervous system healthy.

Good Sources Liver, fish, meat, enriched breads and cereals, milk, peanuts.

MINERALS

Calcium—Function Builds bones and teeth and helps nerves, muscles and heart function properly. Helps blood clotting.

Good Sources Milk and milk products, salmon, sardines, green leafy vegetables.

Iron—Function Helps build red blood cells.

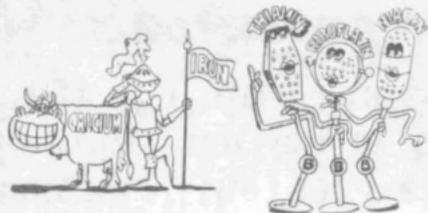
Good Sources Meats, especially liver, egg yolk, oysters, green leafy vegetables, dried fruits, enriched breads and cereals.



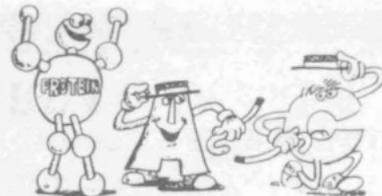
Carbohydrate

Function Supplies energy (calories).

Good Sources Starches: breads, cereals, rice, pasta, potatoes. Sugar and other sweets.



U.S. RDA



The U.S. RDAs are the amounts of protein, vitamins and minerals people need each day to stay healthy.

These allowances are set by the Food and Drug Administration. They are based on body needs for most healthy adults.

Set at generous levels, they provide a considerable margin of safety for most people above minimum body needs for most nutrients.

Nutrition labels list U.S. RDAs *by percentage* per serving of food.

For example, if the nutrition label says "Vitamin A-10," that means a serving of the food contains 10 percent of the U.S. RDA for Vitamin A.

U.S. RDAs replace the outdated "Minimum Daily Requirements" (MDR).

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.

U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA) For adults and children over 4 years old

NUTRIENTS	AMOUNTS
Protein	45 or 65 grams**
Vitamin A	5,000 International Units
Vitamin C (ascorbic acid)	60 milligrams
Thiamine (vitamin B ₁)	1.5 milligrams
Riboflavin (vitamin B ₂)	1.7 milligrams
Niacin	20 milligrams
Calcium	1.0 gram
Iron	18 milligrams
Vitamin D	400 International Units
Vitamin E	30 International Units
Vitamin B ₆	2.0 milligrams
Folic acid (folacin)	0.4 milligram
Vitamin B ₁₂	6 micrograms
Phosphorus	1.0 gram
Iodine	150 micrograms
Magnesium	400 milligrams
Zinc	15 milligrams
Copper	2 milligrams
Biotin	0.3 milligram
Pantothenic acid	10 milligrams

**45 grams if protein quality is equal to or greater than milk protein,
65 grams if protein quality is less than milk protein.