

Nutrition Facts Label

WELCOME TO YOUR WIC NUTRITION EDUCATION LESSON!

- Lesson topic: Nutrition Facts Label
- Length of time: 5-7 minutes

Reminders:

- Start and stop as many times as you like. Just hit save!
- Click the NEXT button to move through the lesson.
- Once you finish the lesson you are done! You will automatically receive credit once the lesson is complete.
- If you are in the WIC site, show the page that says “**lesson complete**” to a WIC team member!

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily value 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
Dietary Fiber		25g	30g

Food Labels help you make smart food choices!

Nutrition Facts give you important information about the nutritional content of your food and the amount of food in a serving.

Food labels can sometimes be confusing, but when you know what to look for, they are very helpful!

**At WIC you learn about
the importance of
eating healthy foods
like whole grain bread,
milk, eggs, beans,
fruits, and vegetables.**

These foods give us energy, in the form of **calories**, and also provide **nutrients**, such as vitamin A, vitamin C, calcium, fiber, and iron. These nutrients are important for keeping our bodies healthy.



Photo source: <https://pixabay.com>



Photo source:
<http://www.clipartkid.com>



Photo source:
<http://www.clipartpanda.com>

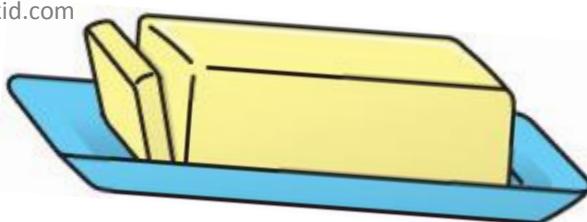


Photo source: <http://worldartsme.com>

Some nutrients should be limited.

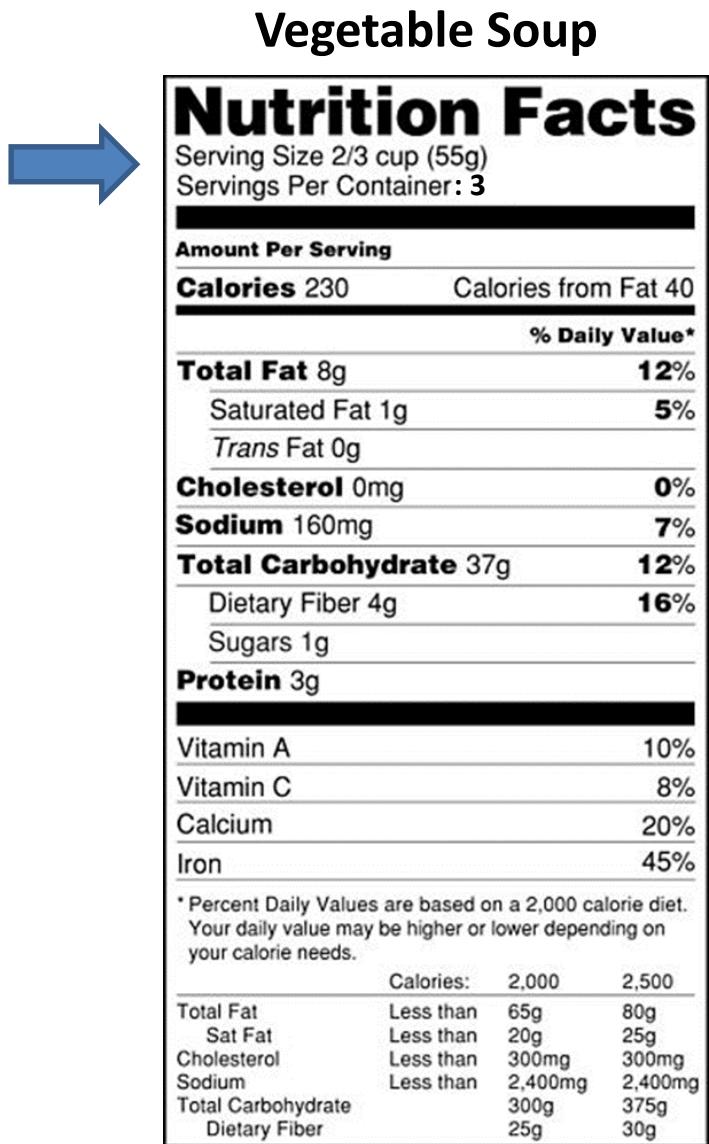
Eating too much saturated fat, trans fat, sugar and sodium is unhealthy because they increase your chance of **obesity, heart disease, and other illnesses.**

Reading food labels will help you avoid eating too much of these nutrients.

This is a sample label for vegetable soup:

To read a Food Label, start at the top. This tells you about the serving size. A **serving size** is the amount of food in a portion for one person.

This label tells us that 2/3 cup of vegetable soup is the serving size. The package contains 3 servings.



Next, check the calories.

Calories are like the gas in a car. A car uses gas for fuel in order to run. Our bodies use calories to fuel our brains, muscles and cells.

The average adult needs about 2,000 calories a day. The nutrition facts label tells us how many calories are in one serving of the food in the package.



Vegetable Soup		
Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container: 3		
Amount Per Serving		
Calories 230	Calories from Fat 40	
% Daily Value*		
Total Fat 8g	12%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 37g	12%	
Dietary Fiber 4g	16%	
Sugars 1g		
Protein 3g		
Vitamin A	10%	
Vitamin C	8%	
Calcium	20%	
Iron	45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
Calories:	2,000	2,500
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Photo source: <https://commons.wikimedia.org>

Vegetable Soup

Use this guideline when looking at how many calories are in a serving size:

- 40 calories per serving is **low**
- 100 calories per serving is **moderate**
- 400 calories per serving is **high**

This nutrition facts label tells us that 2/3 cup of vegetable soup provides 230 calories. This is a **moderate** amount of calories.

However, if you ate the entire container, you would consume **690 calories!**



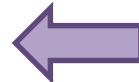
Nutrition Facts		
Serving Size	2/3 cup (55g)	
Servings Per Container:	3	
<hr/>		
Amount Per Serving		
Calories	230	Calories from Fat 40
<hr/>		
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	12%
Dietary Fiber	4g	16%
Sugars	1g	
Protein	3g	
<hr/>		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
<hr/>		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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
Dietary Fiber		25g 30g

Photo source: <https://commons.wikimedia.org>

Vegetable Soup

Nutrition Facts			
Serving Size 2/3 cup (55g)	Calories 230	Calories from Fat 40	
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Total Carbohydrate		300g	375g
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The % (Percent) Daily Value helps evaluate how a food fits into your daily meal plan.



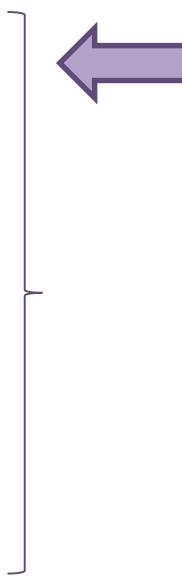
Daily values are the **recommended** levels of nutrients needed for most people.

Look at the **% daily value** for carbohydrates. One serving of vegetable soup provides 12% of the carbohydrates you need in a day. If you had two servings, it would provide 24% of the carbohydrates you need in a day.

Vegetable Soup

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container : 3			
Amount Per Serving			
Calories	230	Calories from Fat 40	
% Daily Value*			
Total Fat	8g	12%	
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Cholesterol	0mg	0%	
Sodium	160mg	7%	
Total Carbohydrate	37g	12%	
Dietary Fiber	4g	16%	
Sugars	1g		
Protein	3g		
Vitamin A			
Vitamin C		10%	
Calcium		8%	
Iron		20%	
		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
Calories:	2,000	2,500	
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

% (Percent) Daily Values can be used as a guide to help you choose healthier foods.



You want to:

- Aim low in saturated fat, trans fat, sugar, and sodium.
- Aim high in vitamins, minerals, and fiber.

Use the guide below when looking at the percent daily value.

% Daily Value:	5% or less →	Low
% Daily Value:	6%-19% →	Moderate
% Daily Value:	20% or more →	High

Saturated fat, trans fat, sugar, and sodium should be limited.

When looking at the Nutrition Facts label, one serving of vegetable soup contains a low amount of saturated fat and a moderate amount of sodium.

There is not a Daily Value for sugar, but 1 gram would be low.

% Daily Value:	5% or less →	Low
% Daily Value:	6%-19% →	Moderate
% Daily Value:	20% or more →	High

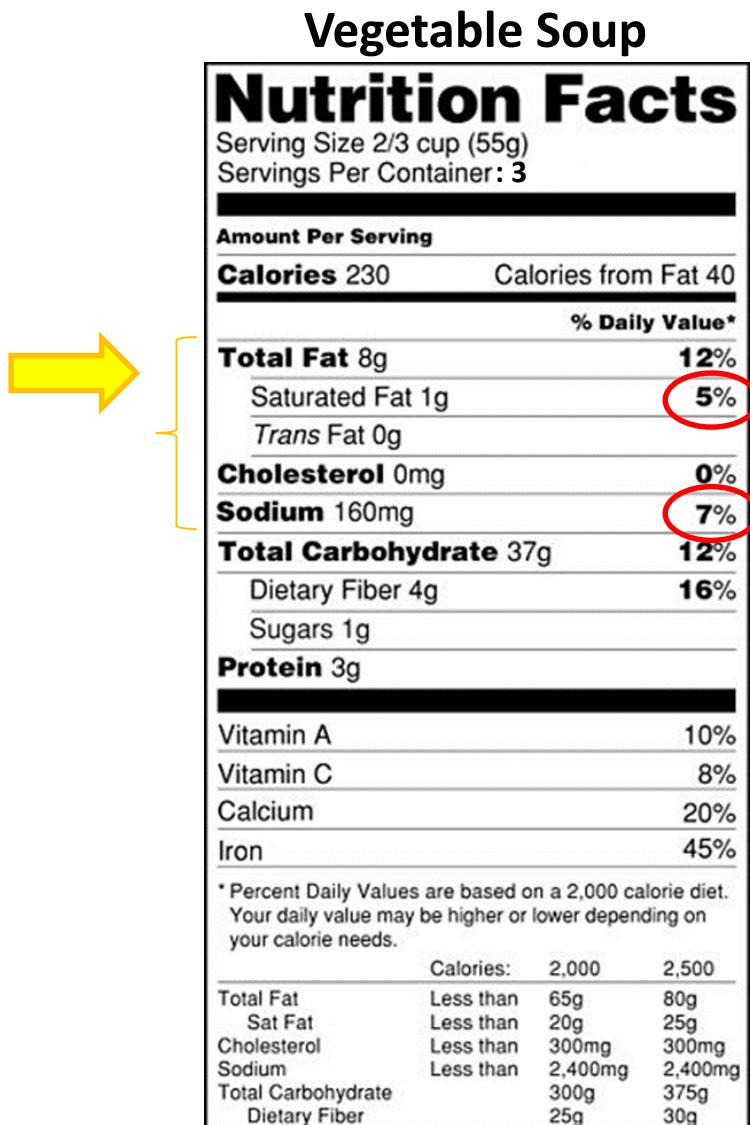


Photo source: <https://commons.wikimedia.org>

Fiber, protein, vitamins, and minerals are important for healthy growth and development.

Look at these categories to make sure your food has the nutrients you and your child need.

This macaroni and cheese is a **good source** of fiber and vitamin A, and **an excellent source** of calcium and iron.

% Daily Value:	5% or less →	Low
% Daily Value:	6%-19% →	Moderate
% Daily Value:	20% or more →	High

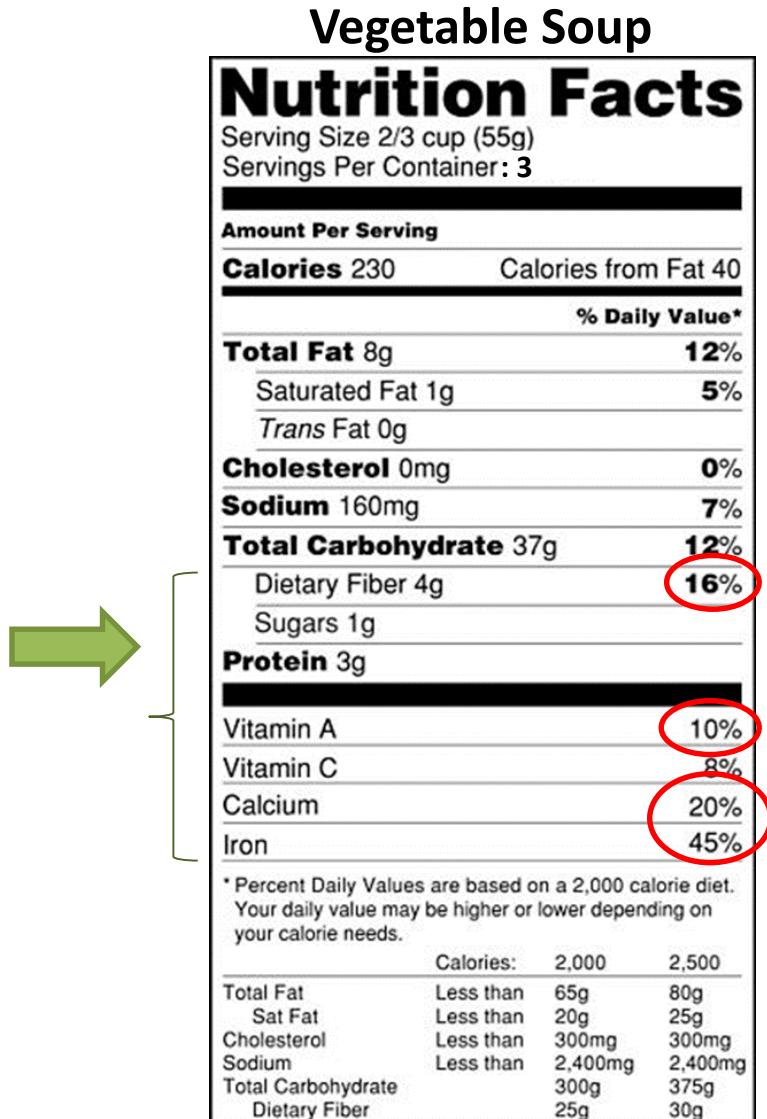


Photo source: <https://commons.wikimedia.org>

This bottom section is called the footnote.

The footnote gives more information about the Daily Values of certain nutrients, and it is the same on all nutrition labels.

This tells you the amount of each nutrient you should eat per day if you are following a 2,000 calorie diet. You and your child may have different calorie needs. **Ask a WIC nutritionist** if you have any questions about how many calories you should be eating.

Vegetable Soup

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container: 3		
Amount Per Serving		
Calories 230		Calories from Fat 40
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
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Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
Calories: 2,000 2,500		
Total Fat	Less than	65g 80g
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Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Photo source: <https://commons.wikimedia.org>

Here is a recap of the parts of a Nutrition Facts Label:

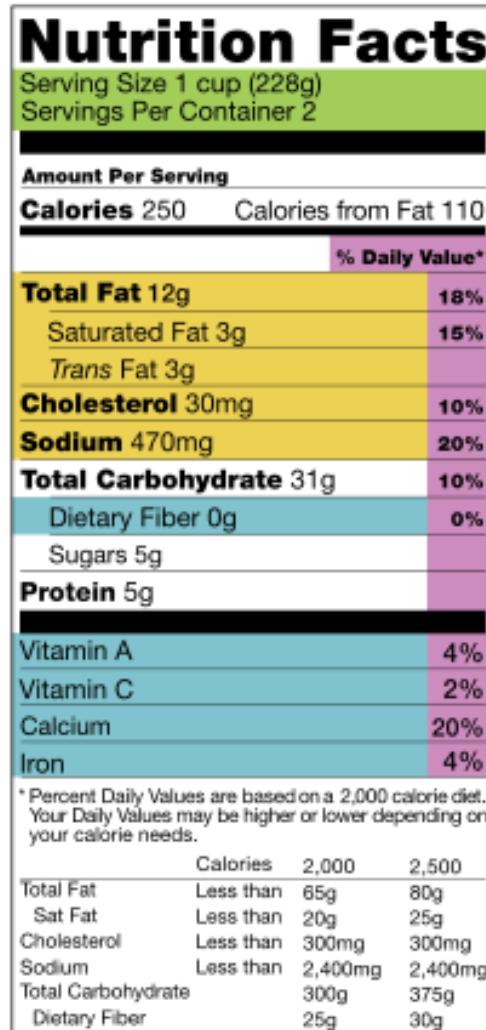
① Start Here ➔

② Check Calories

③ Limit these Nutrients

④ Get Enough of these Nutrients

⑤ Footnote



⑥ Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

But fruits and vegetables don't have nutrition labels!

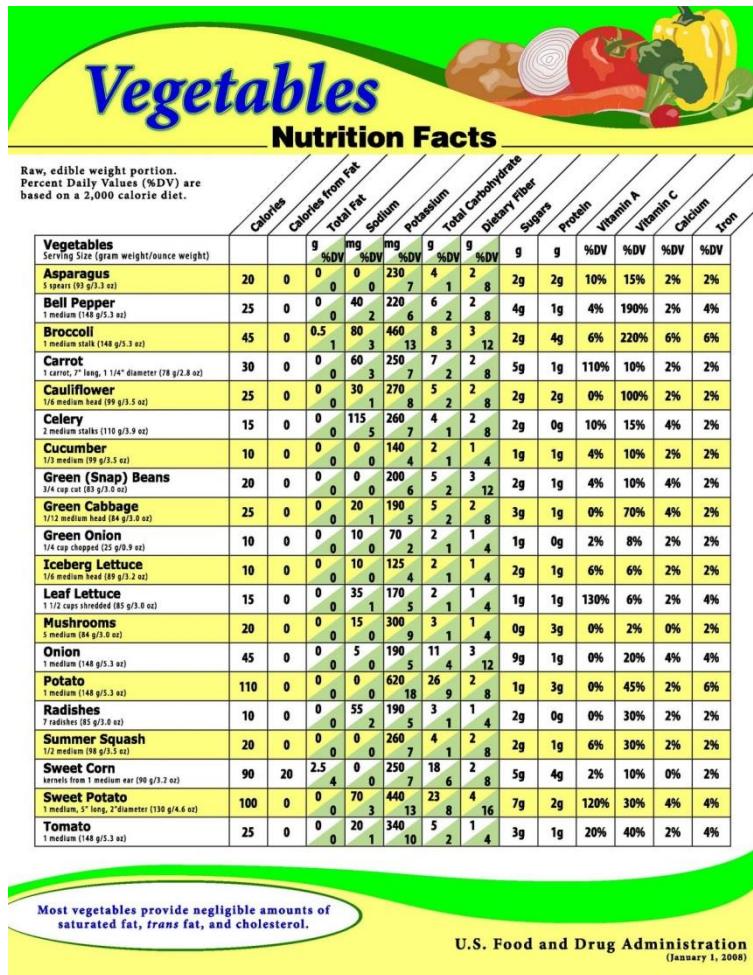


Photo source: <http://www.fda.gov>

Fresh fruits and vegetables often do not have nutrition facts labels, but that doesn't mean they don't have **calories, fiber, vitamins, and minerals!**

If you have questions about the nutrition information of fruits and vegetables, you can find out online. Downloadable charts are available at:

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm063367.htm>

Using the Nutrition Facts label while shopping is easy and very important!



Photo source: <http://classroomclipart.com>

When you're shopping, pay attention to the labels on the food you buy.

- Avoid foods that are high in **calories, saturated fat, trans fat, sugar or sodium.**
- Buy foods that are high in **fiber, protein, calcium, iron, and other vitamins and minerals.**



Here are two cans of vegetable soup. Which one is a better choice?

Nutrition Facts	
Serving Size 1 CUP (237mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 35
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Sodium 680mg	28%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 7g	
Vitamin A 45%	• Vitamin C 20%
Calcium 6%	• Iron 15%
Not a significant source of trans fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts	
Serving Size 1 CUP (237mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 35
%Daily Value*	
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Total Carbohydrate 24g	8%
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Not a significant source of trans fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Photo source: <https://www.choosemyplate.gov>

- The soup on the left
- The soup on the right



Nutrition Facts	
Serving Size 1 CUP (237mL)	
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Sugars 5g	
Protein 7g	
Vitamin A 45%	• Vitamin C 20%
Calcium 6%	• Iron 15%
Not a significant source of trans fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

You got it!

The soup on the right is a better choice because it is much lower in sodium **per serving**.

Remember, aim low in saturated fat, trans fat, sugar, and sodium.

Photo source: <https://www.choosemyplate.gov>



Nutrition Facts	
Serving Size 1 CUP (237mL)	
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Calories 160	Calories from Fat 35
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Sodium 340mg	14%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 7g	
Vitamin A 45%	• Vitamin C 20%
Calcium 6%	• Iron 15%
Not a significant source of trans fat, cholesterol.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Not quite.

The soup on the right is healthier because it has less sodium **per serving** than the one on the left.

Remember, aim low in saturated fat, trans fat, sugar, and sodium.

Photo source: <https://www.choosemyplate.gov>

**Please finish the lesson by
answering the next 5 questions.**

Thank you!

Topic: Nutrition Facts Label

Lesson Complete

**Congratulations! Your account has been
credited with the completion of this module.**

Have a question?

Talk with a WIC team member.

For more information go to:

[http://www.fda.gov/Food/IngredientsPackagingLabeling/
LabelingNutrition/ucm274593.htm#see3](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3)

Submitted On:

Reference ID:

Lesson: Reading Nutrition Labels

Estimated Time:	15 minutes
Audience:	WIC Participants
Overview:	Nutrition Labels contain important information about the food we buy and eat. Knowing how to read them is an important skill that can help participants make healthy nutrition and serving size choices while shopping, preparing, and eating meals.
Objectives:	After completing this class, participants will: <ul style="list-style-type: none"> • Understand why nutrition labels are important and how they can be helpful in making nutritious choices • Learn the meaning of serving size, calories, and Percent (%) Daily Values • Learn how to use Percent (%) Daily Values to determine whether a food is low, moderate, or high in certain nutrients, vitamins, and minerals • Learn how to compare nutrition labels to make healthful choices
Introduction:	Welcome! <p>My name is _____, and today we will talk about reading nutrition labels. Food labels can sometimes be confusing, but when you know what to look for, they are very helpful! We will discuss why nutrition labels are important and we will learn about each part of a nutrition label and the information it provides. We will also learn how to use them in the store and at home to help us make healthy food choices.</p>
Nutrition labels help us make healthy choices	<p>What is a nutrition label? What are they for? (<i>Let participants answer, affirm answers.</i>)</p> <p>Nutrition labels tell us what nutrients are in our food and the amount of food in a serving.</p> <p>At WIC, we learn about the importance of eating healthy foods like whole grain bread, milk, eggs, beans, fruits, and vegetables. These foods give us energy, in the form of calories, and also provide nutrients, such as vitamin A, vitamin C, calcium, fiber, and iron. These nutrients are important for keeping our bodies healthy.</p> <p>We also learn that eating too much saturated fat, sugar, cholesterol, and sodium is unhealthy because they increase your chance of obesity, heart disease, and other illnesses.</p> <p>How do food labels help us? (<i>Allow participants to answer, affirm answers.</i>)</p> <p>Reading food labels helps us know how much of the good stuff and the not-so-good stuff is in our food, so we can make healthy choices.</p>

Serving Size	<p>Let's start at the top! The first thing on the nutrition label is the serving size.</p> <p><i>*Show the Vegetable Soup nutrition label included in Appendix A.</i></p> <p>Does anyone know what a serving size is? (Let participants answer, affirm answers.)</p> <p>The serving size is the amount of food in a portion for one person. "Servings Per Container" tells us how many portions are in the package. This label tells us that 2/3 cup of vegetable soup is the serving size. The package contains about 3 servings.</p> <p><i>(If possible, use a 2/3 cup measuring cup to demonstrate to participants what a serving size looks like.)</i></p>
Calories	<p>Next, check the calories. Who knows what calories are? (Let participants answer, affirm answers.)</p> <p>Answer: Calories are like the gas in a car. A car uses gas for fuel in order to run. Our bodies use calories to fuel our brains, muscles and cells. The average adult needs about 2,000 calories a day. The food label tells us how many calories are in one serving of the food in the package.</p> <p>Use this guideline when looking at how many calories are in a serving size:</p> <ul style="list-style-type: none"> ○ 40 calories per serving is low ○ 100 calories per serving is moderate ○ 400 calories per serving is high <p><i>*Tell participants to look at the nutrition label. Does this vegetable soup have a high, moderate, or low amount of calories? (allow participants to answer, affirm answers)</i></p> <p>Answer: This nutrition label tells us that 2/3 cup (1 serving) of vegetable soup provides 230 calories. This is a moderate amount of calories. However, if you ate the entire container, you would consume 690 calories!</p>
Percent (%) Daily Values	<p>Percent (%) Daily Values help us evaluate how a food fits into our daily meal plan. Daily Values are the recommended levels of nutrients needed for most people.</p> <p><i>*Look at the % daily value for carbohydrates on the nutrition label picture. One serving of vegetable soup provides 12% of the carbohydrates you need in a day. If you had two servings, it would provide 24% of the carbohydrates you need in a day.</i></p> <p>Percent (%) Daily Values can be used as a guide to help you choose healthier foods.</p>

	<p>You want to:</p> <ul style="list-style-type: none"> • Aim low in saturated fat, trans fat, sugar, and sodium • Aim high in vitamins, minerals, and fiber <p>Use the guide below when looking at the Percent Daily Value:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>% Daily Value:</td><td>5% or less</td><td>→</td><td>Low</td></tr> <tr> <td>% Daily Value</td><td>6%-19%</td><td>→</td><td>Moderate</td></tr> <tr> <td>% Daily Value:</td><td>20% or more</td><td>→</td><td>High</td></tr> </table> <p>(This chart is also available in Appendix B.)</p> <p>*Tell participants to look at the nutrition label picture.</p> <p>What nutrients, vitamins, and minerals is this vegetable soup high in?</p> <p>What nutrients, vitamins, and minerals is the soup low in? (Let participants answer, affirm answers.)</p> <ul style="list-style-type: none"> • When looking at the Nutrition Facts panel, one serving of vegetable soup contains a low amount of saturated fat and a moderate amount of sodium. • This vegetable soup has a moderate amount of fiber and vitamin A, and a high amount of calcium and iron. 	% Daily Value:	5% or less	→	Low	% Daily Value	6%-19%	→	Moderate	% Daily Value:	20% or more	→	High
% Daily Value:	5% or less	→	Low										
% Daily Value	6%-19%	→	Moderate										
% Daily Value:	20% or more	→	High										
The Footnote	<p>*Point to the footnote on the nutrition label picture.</p> <p>The footnote gives more information about the Daily Values of certain nutrients, and it is the same on all nutrition labels. This tells you the amount of each nutrient you should eat per day if you are following a 2,000 calorie diet.</p> <p>You and your child may have different calorie needs. Ask a WIC nutritionist if you have any questions about how many calories you should be eating.</p>												
What about fruits and vegetables?	<p>Fresh fruits and vegetables often do not have nutrition labels, but that doesn't mean they don't have calories, fiber, vitamins, and minerals!</p> <p>If you have questions about the nutrition information of fruits and vegetables, you can find out online. Downloadable charts are available at http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm063367.htm</p> <p>*Show participants the Vegetable Nutrition Facts chart in Appendix C.</p>												
Recap & Quiz	<p>When you're shopping, pay attention to the labels on the food you buy. Compare the labels on the foods you want to buy so that you can make the healthier choice.</p> <p>What kinds of foods should we buy less of? (Let participants answer, affirm answers.)</p> <ul style="list-style-type: none"> • Foods that are high in calories, saturated fat, cholesterol, or 												

	<p>sodium.</p> <p>What foods should we buy more of? (<i>Let participants answer, affirm answers.</i>)</p> <ul style="list-style-type: none"> • Foods that are high in fiber, protein, calcium, iron, and other vitamins and minerals. <p><i>*Show the photo of the two cans of soup side by side (Appendix D).</i></p> <p>Which can of soup is a healthier choice? (<i>Let participants answer, affirm answers.</i>)</p> <p>Point out the sodium content on the two cans. Explain that the can of soup on the right is much healthier because it has less sodium than the left, and sodium is one of the nutrients that we want to avoid.</p>
Questions	<p>What is one thing we talked about today that you want to do the next time you go grocery shopping? (<i>let participants answer/affirm answers</i>)</p> <p>What other questions do you have? (<i>allow participants to ask; answer any questions they have</i>)</p>
Handouts/Resources:	<ul style="list-style-type: none"> • WIC Smart “Reading Nutrition Labels” slides • http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3
Evaluation	<p>Group Class: Reading Nutrition Labels Post Test</p> <p>Individual Education: Quiz participant on objectives or use Reading Nutrition Labels post test</p>
Documentation	<p>Group Class: Choose Group Education Contact- WICSmart: Reading Nutrition Labels</p> <p>Individual Education: Choose individual contact: (2) CUTTING FOOD COST (2.05) Read Food Labels</p>

Adapted from:

1. DC WIC: WICSmart Reading Nutrition Labels lesson

APPENDIX A: Vegetable Soup Nutrition Label

Vegetable Soup

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories	230	Calories from Fat 40
% Daily Value*		
Total Fat	8g	12%
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Sugars	1g	
Protein	3g	
Vitamin A		10%
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Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Photo source: <https://commons.wikimedia.org>

Appendix B: Percent Daily Values Chart

% Daily Value:	5% or less	→	Low
% Daily Value	6%-19%	→	Moderate
% Daily Value:	20% or more	→	High

Appendix C: FDA Vegetable Nutrition Facts Table

Vegetables

Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ounce weight)	Calories	Calories from Fat		Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g	%DV											
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	230	4	2	8	2g	2g	10%	15%	2%	2%
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	40	220	6	2	8	4g	1g	4%	190%	2%	4%
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	460	8	3	12	2g	4g	6%	220%	6%	6%
Carrot 1 carrot, 2" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	60	250	7	2	8	5g	1g	110%	10%	2%	2%
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	30	270	5	2	8	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	115	260	4	2	8	2g	0g	10%	15%	4%	2%
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	140	2	1	4	1g	1g	4%	10%	2%	2%
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	200	5	3	12	2g	1g	4%	10%	4%	2%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	20	190	5	2	8	3g	1g	0%	70%	4%	2%
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	10	70	2	1	4	1g	0g	2%	8%	2%	2%
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	10	125	2	1	4	2g	1g	6%	6%	2%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	170	5	2	1	1g	1g	130%	6%	2%	4%
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	15	300	3	1	4	0g	3g	0%	2%	0%	2%
Onion 1 medium (148 g/5.3 oz)	45	0	0	5	190	11	3	12	9g	1g	0%	20%	4%	4%
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	620	26	2	8	1g	3g	0%	45%	2%	6%
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	55	190	3	1	4	2g	0g	0%	30%	2%	2%
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	260	4	2	8	2g	1g	6%	30%	2%	2%
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	0	250	18	2	8	5g	4g	2%	10%	0%	2%
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	70	440	23	4	16	7g	2g	120%	30%	4%	4%
Tomato 1 medium (148 g/5.3 oz)	25	0	0	20	340	5	2	4	3g	1g	20%	40%	2%	4%

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

U.S. Food and Drug Administration
(January 1, 2008)

Photo source: <http://www.fda.gov/>

Appendix D: Can of soup comparison



Nutrition Facts

Serving Size 1 CUP (237mL)
Servings Per Container 2

Amount Per Serving

Calories	160	Calories from Fat	35
%Daily Value*			
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Sodium	680mg	28%	

Total Carbohydrate	24g	8%
Dietary Fiber	8g	32%
Sugars	5g	

Protein

Vitamin A	45%	•	Vitamin C	20%
Calcium	6%	•	Iron	15%

Not a significant source of trans fat, cholesterol.

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 1 CUP (237mL)
Servings Per Container 2

Amount Per Serving

Calories	160	Calories from Fat	35
%Daily Value*			
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Sodium	340mg	14%	

Total Carbohydrate	24g	8%
Dietary Fiber	8g	32%
Sugars	5g	

Protein

Vitamin A	45%	•	Vitamin C	20%
Calcium	6%	•	Iron	15%

Not a significant source of trans fat, cholesterol.

* Percent Daily Values are based on a 2,000 calorie diet.

Photo source: <https://www.choosemyplate.gov>

WICSmart Post Test

Subject: Nutrition Facts label

What is a serving size?

- a) The amount of food in a portion for one person.
- b) The number of calories in a package of food.
- c) The total amount of food consumed in one day.
- d) None of the above.

What nutrients should be limited?

- a) Fat, cholesterol and fiber
- b) Sugar, sodium and fat
- c) Protein, carbohydrates and iron
- d) Vitamin C, vitamin A and calcium

When looking at the % daily value, what would be considered a low value for one serving?

Less than 5%

- a) Less than 15%
- b) More than 20%
- c) More than 40%

After completing this lesson what would you like to try?

- a) I will choose items that have low % daily values of sugar, sodium and saturated fat.
- b) I will look at what a serving size is and portion out my servings.
- c) I will look for items that have medium to high % daily values of fiber, iron, vitamin A & C.
- d) I am not planning on trying any of these things right now.

What did you think about the information in this lesson?

- a) It was just the right amount of information for me- I learned some new things
- b) It was too much information – I felt a little overwhelmed.
- c) I would have liked more information- I knew a lot of this already.