

How to Read Nutrition Facts Label?

Nutrition Facts label helps you spot hidden sodium and sugar!

Many sauces and packaged foods contain a lot of sodium and sugar that are not always obvious to us. Top sodium sources of Asian foods include **stir-fry and soy-based mixtures; fish; fried rice and lo/chow mein; soy-based condiments; and sauces**. Added sugars can be found in some **Chinese dishes, pastries, sweets, and sugar-sweetened beverages such as milk tea**.

Learning how to read nutrition facts label can help us spot the hidden sodium and sugar and make informed food choices at the grocery stores!

What will I find on the label?

- Definition of a serving for that specific product
- Key nutrients we want to reduce and their amount for each serving
- Key nutrients we want to increase and their amount for each serving
- Percentage of daily values for each listed nutrient based on a 2,000-kcal need.

How do I use the information from the label?

1. Compare with similar products
2. Pick one with **less Sodium, Added Sugar, and Saturated Fat (less than 10% daily value)**
3. Pick one with **more Dietary Fiber, Vitamin D, Calcium, Iron, & Potassium**

The rules above apply to all foods with a nutrition facts label (produce does not have one). Consider rest of the label as reference points.

- **Serving Size** is NOT a recommendation of how much to eat or drink for each meal.
- **Calories** gives you an idea of how many calories is in a defined serving
- **% Daily Value (%DV)** shows how much a nutrient in a serving contributes to a total daily diet
- **Added Sugars** are found in many processed foods, including such as sauces, milk tea, concentrated fruit or vegetable juices, and pastries.
- Naturally occurring sugars that are found in milk, fruits, and vegetables are not added sugars.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8 mg 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 1g 13%

Dietary Fiber 0g 14%

Total Sugars 0g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260g 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value 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.

Reference

Firestone MJ, Beasley JM, Kwon SC, Ahn J, Trinh-Shevrin C, Yi SS. Asian American dietary sources of sodium and salt behaviors compared with other racial/ethnic groups, NHANES, 2011-2012. *Ethnicity & disease*. 2017;27(3):241.