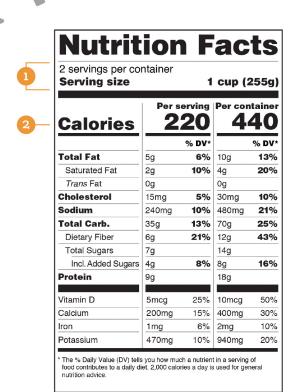
Understanding Food Labels A registered dietitian nutritionist (RDN) can help you set specific nutrition goals and guide you in planning a personalized healthy eating pattern. To find an RDN in your area, visit "Find an Expert" at www.eatright.org eat[®] The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education, and advocacy,

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The Nutrition Facts panel tells you important information about what's in your food and beverages. You can find it on most food and drink packages. Use the nutrition and ingredient information on product labels to help make decisions when shopping for food and when deciding how much to eat or drink. Keep reading to learn more about changes to the Nutrition Facts panel, which will be required on foods and beverages by 2018.





Serving Size and Servings per Container 1

The calorie and nutrient details in the Nutrition Facts panel are for the specific amount, or serving size, listed for that food. The Servings per Container information tells you how many servings are in the package based on the listed serving size.

Serving sizes on labels are how much people usually eat at one time. However, the amount that you eat may not be the same as the serving size. Keep in mind that:

- If you eat more than one serving, you will get more calories and nutrients than listed on the Nutrition Facts panel.
- If you eat less than one serving, you will get fewer calories and nutrients.
- Package size may affect how much you eat and drink. This is why some food packages will show a Nutrition Facts label with two columns of information. One will have the calories and nutrients for one serving, and the second column will show the calories and nutrients for the entire package or container.

Calories 2

The number of calories per serving is listed in large, bold type. Calories are the energy provided by food and drinks. Eating or drinking more calories than your body needs can cause weight gain. Use the calories listed on food labels to compare products and help track the calories you eat.