
Nutrition Claims

Calorie Free– less than 5 calories per serving

Low Calorie– less than or equal to 40 calories per serving

Fat Free– less than .5g of fat or saturated fat per serving

Low Fat– less than or equal to 3g of total fat per serving

Low Saturated Fat– less than or equal to 1g of saturated fat per serving

Reduced Fat or Less Fat– at least 25% less fat than the regular version of the food

Sodium/Salt Free– less than 5 mg of sodium per serving

Very Low Sodium– less than or equal to 35 mg of sodium per serving

Low Sodium– less than or equal to 140 mg of sodium per serving

Reduced/Less Sodium– at least 25% less sodium than regular version

Cholesterol Free– less than 2 mg per serving

Low Cholesterol– less than or equal to 20 mg per serving

Reduced Cholesterol/Less Cholesterol– at least 25% less cholesterol than normal version

Sugar Free– less than .5g sugar per serving

Reduced Sugar– at least 25% less sugar per serving than regular version

High Fiber– 5g or more fiber per serving

Good Source of Fiber– 2.5-4.9g of fiber per serving



Reading the Food Label to Improve Health



GMHC Nutrition Education and Wellness Program

How to Use Total Amounts

On the left side of the food label you will see the total amount of Calories, Fat, Cholesterol, Sodium, Carbohydrates (fiber and sugars) and Protein in one serving.

BE CAREFUL! There may be more than one serving in a package. At the top of the food label you will find the serving size and how many total servings are in a container.

Calories count

whether you are trying to lose, maintain or gain weight. If you are trying to lose weight, you can compare similar products and choose the item with less calories. To find out how many calories you need each day, see your Registered Dietitian.

Total Fat includes fats that are good for you, such as mono and polyunsaturated fats, and fats that are not, such as saturated and trans fats.

Saturated Fat/Trans Fat can raise your blood cholesterol and increase your risk of heart disease. You should choose products that have 0 grams of trans fat and less than 1 gram of saturated fat per serving.

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values 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



Polyunsaturated and Monounsaturated Fat can help lower your blood cholesterol and protect your heart. However, since fat contains more calories than protein and carbohydrates, large amounts of unsaturated fats can cause weight gain.

Cholesterol is found in animal products and is also produced naturally by the body. Eating large amounts of dietary cholesterol, as well as saturated and trans fat, can raise your blood Cholesterol levels. Limit your intake to 200-300mg per day.

Sodium can increase your risk of high blood pressure. Adults should aim for less than 2,400 mg per day. If you have high blood pressure, it is helpful to eat less salty foods such as canned vegetables, canned soup, and processed meats.

Total Carbohydrate includes sugar, complex carbohydrates, and fiber.

Dietary Fiber can improve your cholesterol, weight and may reduce your risk of colon cancer. Eating 25-30 grams of fiber per day is recommended.

Sugars large amounts can increase your risk of diabetes and high triglycerides, a level of fat in your blood that raises your risk of heart disease.



Protein adequate intake is especially important for PLWHA. It helps to maintain muscle mass and has many other important functions in the body. See your dietitian to find

out your individual protein needs.

What is Percent (%) Daily Value?

The Percent (%) Daily Value indicates how much of a specific nutrient one serving of food contains compared to your needs for the whole day. The percentage is based on a 2000-calorie diet. If you need more or fewer calories, then your Daily Values would be different.

The Percent (%) Daily Value is a useful tool to determine whether a food is high or low in a certain nutrient such as fat or fiber.

A product is considered:

- high in a given nutrient if it contains 20% or more of the Daily Value
- a good source of a particular nutrient if one serving provides 10 to 19% of the Daily Value
- low in that nutrient if the Daily Value is 5% or less

List of Ingredients:

Ingredients are listed in descending order by weight, meaning the first ingredient makes up the largest proportion of the food.



Check the ingredient list to spot things you would like to avoid, such as coconut oil or palm oil, which are high in saturated fat and hydrogenated or partially hydrogenated oils that are high in trans-fat.