



# EATING 101

## RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### The (New)trition Facts Label

The Nutrition Facts Label: relevant health information or just a confusing chart? While at first glance it may seem packed with too many numbers, the recently updated nutrition facts label can be a useful guide for making healthier food choices. Read below to get a closer look.

**1** **Calories** are now in a larger and bolder font. Remember, this number is per one serving.

**3** Health experts recommend keeping saturated fat, trans fat, cholesterol and sodium to a minimum. Overconsumption of these nutrients may increase your risk for developing certain chronic diseases. **Less than 10% of calories per day should come from saturated fat, and less than 2,300 mg per day from sodium.**

**5** The amount present *and* the percent Daily Value (DV) are required for fiber, vitamin D, calcium, iron and potassium, since many Americans consume less than the recommended amounts. Aim for 20% of the Daily Value per serving or higher to reap health benefits. **A good rule to follow in regard to Daily Value percentages is that 5% or less is low, while 20% or more is high.**



**2** Pay attention to the serving size and how many servings are included. The new nutrition facts label has updated serving sizes to more realistically reflect what people actually consume. Remember that if you eat two servings, the calories and nutrients are also doubled.

**4** The amount of "Added sugars" is now required to be on the label. Added sugars should be **less than 10% of your daily calorie intake**. Examples include table sugar, high fructose corn syrup, and sugars that are added during processing.

**6** The **footnote** tells you the %DVs based on a 2,000 Calorie diet. This section is the same on every food product. The Dietary Guidelines recommends 2,000 calories per day as a general guideline, but this number varies depending on many factors such as age, gender, height, weight, and physical activity level

### Your Cheat Sheet to Good Eats

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References: *Dietary Guidelines for Americans 2015-2020*. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/>. Accessed on: October 15, 2019. *Changes to the Nutrition Facts Label*. Available at: <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>. Accessed on October 15, 2019. *New and Improved Nutrition Facts Label*. Available at: <https://www.fda.gov/food/nutrition-education-resources-materials/new-and-improved-nutrition-facts-label>. Accessed on: October 15, 2019.

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email [peggyp@dining.rutgers.edu](mailto:peggyp@dining.rutgers.edu).