People who read food labels consume less fat than those who don’t (National Cancer Institute)

Understanding Food Labels

1. **Serving Size**: Pay attention to the serving size, including how many servings there are in the food package.

2. **Calories & calories from fat**: Eating too many calories per day is linked to overweight and obesity.

3. **Limit these nutrients**: Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases.

4. **Get enough of these**: Americans often don’t get enough dietary fiber, vitamin A, vitamin C, calcium, & iron in their diets.

5. **Quick guide to percent of daily value**: 5% or less is Low, 20% or more is high.

For more information on food labels visit the nutrition center on our Living Well Health Manager powered by WebMD at www.webmdhealth/ut and select “Living Healthy”