

Nutrition Labeling

Food Models can be used to teach nutrition labeling. The back of each model contains its own nutrient information – similar to that found on food labels.

Be aware that the nutrient values on food labels are rounded. Those on **Food Models** are not. So the values won't always match exactly.

Some **Food Models** provide Daily Values for 2 or 3 similar foods. The absolute values and % Daily Values are provided for each food for easy comparison. Check the Comprehensive List of Foods on pages 20-30 for the nutrient values of other foods.

A food group symbol is included for quick reference. The symbol can also be used by leaders and students as a check for understanding. (Foods in the "Others" category do not have a symbol.)



Whole Milk	
Serving Size 1 cup (244g)	
Amount Per Serving	
Calories 150	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 5g	25 %
Cholesterol 33mg	11%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Protein 8g	16%
Vitamin A	6%
Vitamin C	3%
Calcium	29%
Thiamin	6%
Riboflavin	23%
Not a significant source iron and niacin. Values are not available for fiber and sugars.	
*Percent Daily Values are based on a 2,000 calorie diet	

The % Daily value for protein is optional on food labels.

B-vitamins are optional on food labels.

The abbreviated label footnote is used on **Food Models** to save space. The complete footnote is provided below.

Nutrients that supply 10% or more of the Daily Value are highlighted – so good sources of nutrients will be easier to spot.

If the food is not a significant source of a nutrient, it is listed here. (Often, they provide 2% or less of the Daily Value.)

A dash (–) indicates that a nutrient value is unavailable.

*Percent Daily Values are based on a 2,000 calorie diet. 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	300g
Dietary Fiber		25g	25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4