



LARIMER
COUNTY

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HEALTHUPDATE

Understanding Nutritional Facts

LEARN THE LABELS

Balanced nutrition can help you live longer and reduce your risk for certain health conditions.

Refresh your food knowledge and give your nutrition a boost with these food facts.



KNOW THE FOOD LABEL BASICS

Check the **Nutrition Facts label** for important information including calories and daily value (DV) percentages. The listed DV percentage shows how much of a nutrient is in a food or beverage. On average, 5% DV is considered a low serving and 20% DV or more is considered a high serving. Understanding a nutritional label can help you make healthier choices and choose nutrient-dense foods for a balanced diet.



SIMPLIFY YOUR SERVING SIZE

The serving size on food labels shows the average amount people eat per serving rather than a recommended serving size. Knowing the average serving size people consume can help you moderate your intake accordingly. For the most accurate serving size, weigh your food based on your dietary needs. When dining out, ask for a half portion or take half home—restaurants are notorious for serving large portions.



REDUCE THE BIG THREE: SODIUM, SATURATED FATS, AND ADDED SUGARS

According to the CDC, most Americans consume foods with too much sodium (also known as salt), saturated fat, and sugar, increasing their risk of obesity, heart disease, and chronic conditions. Limit the consumption of foods that contain more than 10% of added sugars and saturated fats from the total calories. Manage your salt intake by avoiding products with more than 200 mg of sodium per serving.