

## Nutrition Facts

Serving Size 1 cup (253g)  
Servings Per Container 4

Amount Per Serving

**Calories 260**    **Calories from Fat 120**

**% Daily Value\***

**Total Fat** 13g                    **20%**

Saturated Fat 5g                    **25%**

*Trans* Fat 2g

**Cholesterol** 30mg                    **10%**

**Sodium** 660mg                    **28%**

**Total Carbohydrate** 31g                    **10%**

Dietary Fiber 0g                    **0%**

Sugars 5g

**Protein** 5g

Vitamin A 4%    ♦    Vitamin C 2%

Calcium 15%    ♦    Iron 4%

\* 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	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

# Dietary Guidelines recommend... Make your calories count

**At present rates, overweight and obesity are becoming a leading cause of preventable death in the United States.**

Obesity is one of the greatest health problems in the United States with more than one third of the population (60 million) suffering from the condition; 64.5 percent (127 million) of the population is classified as overweight or obese.

The prevalence of obesity has doubled in the past 25 years and is greatest among men 65 to 74 years of age and women 55 to 64 years. However, weight concerns among children are dramatically increasing and today 8.8 million children and adolescents are considered overweight or at-risk of becoming overweight.

### The bottom line is calories

At any given time, approximately 29 percent of men and 44 percent of women are attempting to lose weight. Billions of dollars are spent each year by millions of Americans attempting to lose weight or prevent weight gain.

Many are confused about the fad diets that emphasize low fat, low carbohydrate, and/or high protein consumption. However, fad diets are not healthy in the long term. The likelihood of regaining the weight lost is significant. After all, if fad diets worked, overweight and obesity would not be a problem in this country.

The bottom line to weight loss and weight maintenance is calories. Even on a “healthy” diet, excess calorie consumption will lead to weight gain.

Low fat, low sugar, and high vegetable/fruit consumption can help reduce the amount of calories a person eats. Increasing the consumption of low fat, low sugar foods such as fruits and vegetables replaces high fat, high sugar containing foods, which reduces caloric consumption.

A commonly made mistake is the consumption of low, light, or reduced calorie foods in amounts twice the amount of the “traditional” item. Increasing the portion size defeats the purpose of using reduced calorie foods.

### What are calories?

Calories are a measure of energy and can be obtained from carbohydrates, protein, fat, and alcohol. Calories supply the energy that fuels your body. Foods provide calories at the following rates:

- 9 calories per gram fat
- 7 calories per gram alcohol
- 4 calories per gram carbohydrate
- 4 calories per gram protein

### Quiz time!

1. A food labeled “reduced calorie” is always healthy.

**True False**

2. Calories cause weight gain, thus are bad.

**True False**

3. Muscle mass increases your metabolism, thus makes you burn more calories.

**True False**

4. The proposed food label will exclude \_\_\_\_\_ and instead include \_\_\_\_\_

- a. serving size, total content
- b. calories from fat, % Daily value
- c. saturated fat, trans fat
- d. dietary fiber, sugar alcohols

(Answers on back)

## What determines how many calories you need?

The calorie requirement for each individual varies depending on body size, age, height, weight, activity level, and metabolism. Guidelines are available that provide calorie recommendations for age, gender, and activity groups. However, no guideline is an exact estimate of your individual calorie need. For lightly and moderately active individuals the following calorie recommendations are proposed for weight maintenance, not weight loss.

	Age (years)	Sedentary (calories)	Moderately Active (calories)	Active (calories)
<b>Males</b>	19-25	2,500	2,800	3,000
	26-50	2,300	2,500	2,900
	51+	2,200	2,300	2,700
<b>Females</b>	19-25	2,000	2,100	2,400
	26-50	1,800	2,000	2,300
	51+	1,600	1,800	2,000

## Finding calories on food product labels

Calorie claims can be confusing. These terms are regulated by Food and Drug Administration and can be used on food product labels.

Label	Definition
<b>Calorie Free</b>	less than 5 calories
<b>Low Calorie</b>	40 calories or less
<b>Reduced Calorie</b>	at least 25 percent fewer calories
<b>Light or lite</b>	product has at least 1/3 fewer calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more

## Proposed changes to the Nutrition Facts Panel

In an attempt to tackle the obesity problem and to increase consumers' awareness of calories, the Food and Drug Administration (FDA) has proposed several changes to the nutrition label.

- Increase the font size of "calories"
- Eliminate "calories from fat" and replace it with the percent daily value (% DV)
- Revise serving sizes to reflect actual consumption patterns

The % DV of calories represents the percent of the total daily calories (based on a 2000 calorie diet) that the food item provides. When and if these changes will be made is not known.

### CURRENT

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container about 2.5	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from fat 0</b>
	<b>% Daily Value*</b>
<b>Total Fat 0g</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Sugars 30g	
<b>Protein 0g</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.

### PROPOSED

Nutrition Facts	
Serving Size 1 bottle (600 mL)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 275</b>	<b>14%</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Sodium 175mg</b>	<b>7%</b>
<b>Total Carbohydrate 78g</b>	<b>26%</b>
Sugars 75g	
<b>Protein 0g</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.

1. False, a food that is reduced in calories can still contain high amounts of calories.
2. False, calories provide energy, which is necessary to survive. When calories are consumed in excess or physical activity declines, weight gain occurs.
3. True, muscle is a metabolically active tissue that is in constant turnover. This metabolic activity burns calories.
4. b

### Answers:

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