

# ใบความรู้ที่ 6 เรื่อง Nutrition Facts Label

## หน่วยการเรียนรู้ที่ 2 เรื่อง Food

### แผนการจัดการเรียนรู้ที่ 12 เรื่อง Food Labels

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ..... ชั้น..... เลขที่.....

## The Nutrition Facts Label

### Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

**2SERVINGS=CALORIES&NUTRIENTSX2**

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).



**TIP:** 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Size up Servings

Consider the Calories

### Nutrition Facts

4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving	% Daily Value*
<b>Calories</b> 240	
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

**TIP:** 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

#### Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

#### Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)
- Sodium
- Added Sugars

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

**Nutrition Facts**  
Read the Label

Revised: October 2018

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

