

Nutrition Labels and Diets

When we eat something, our body processes that food to convert it to energy. We need energy to be able to work, to play and even to think. If we don't get enough food we get thinner, and if we eat too much food we get fat.



Food energy is measured by calories. A food with a lot of calories can make you fat. If you are on a diet and want to lose weight, eating foods with less calories can help you lose weight. For example, many people on a diet drink diet soda, which has no calories, instead of regular soda which has a lot of calories.



All the food that we eat is processed by our body as one of three things; fats, proteins, or carbohydrates, which include sugar.

Fats are in oil, meat and any food cooked with oils.



Protein is found in meat, eggs and cheese and legumes.



Carbohydrates are found in bread, and anything made from grains, and all vegetables and fruits. Carbohydrates also include sugar, which is often added to make food taste better.



There are also vitamins and minerals in the food we eat which are good for us. We need a variety of food to stay healthy.



You can get fat eating food with too many calories. You also can get other health problems if you eat too much fat, too much sugar or too much salt every day. People who are overweight can get health problems like high blood pressure, heart disease or diabetes.



It's important to eat food that is good for your health. So people know exactly what they are eating, the US government requires that foods be labeled. Labels tell us how much fat, protein and carbohydrates are in each item. They also have specific information about sugar and salt. Food labels also list the vitamins and minerals, which are good for people.

Nutrition Facts	
Serving size: 1/2 cup (130g)	
Servings: About 3.5	
Amount per serving	
Calories 150	Fat Cal 10
	% DV*
Total Fat 1g	2%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550 mg	23%
Total Carb. 29g	10%
Fiber 7g	28%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Finally food labels list the calories per serving to help people decide if they are eating too many calories. The standard is 2000 calories per day. Most people who eat more than 2000 calories per day will gain weight. Athletes and people who do hard physical work will use more calories and they can eat more and not gain weight.



The LaRue Medical Literacy Exercises were created by Charles LaRue through a grant from the Minnesota Department of Education under the supervision of the Minnesota Literacy Council. www.mcedservices.com
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