

Food-based dietary guidelines

AFRICA



Namibia

- Eat a variety of foods.
- Eat vegetables and fruit every day.
- Eat more fish.
- Eat beans or meat regularly.
- Use whole-grain products.
- Use only iodised salt, but use less salt.
- Eat at least three meals a day.
- Avoid drinking alcohol.
- Consume clean and safe water and food.
- Achieve and maintain a healthy body weight.



South Africa

For adults and children over the age of seven years:

- Enjoy a variety of foods.
- Be active.
- Make starchy foods the basis of most meals.
- Eat dry beans, split peas, lentils and soya regularly.
- Chicken, fish, milk, meat or eggs can be eaten daily.
- Drink lots of clean, safe water.
- Eat plenty of vegetables and fruits every day.
- Eat fats sparingly.
- Use salt sparingly.
- Use food and drinks containing sugar sparingly and not between meals.
- If you drink alcohol, drink sensibly.

ASIA AND THE PACIFIC

China

- Eat a variety of foods, with cereals as the staple.
- Consume plenty of vegetables, fruits and tubers.
- Consume milk, beans, or bean-products every day.
- Consume appropriate amounts of fish, poultry, eggs and lean meat; reduce fatty meat and animal fat in the diet.
- Balance food intake with physical activity to maintain a healthy body weight.



- Choose a light diet that is also low in salt.
- If you drink alcoholic beverages, do so in limited amounts.
- Avoid unsanitary and spoiled foods.



Thailand

- Eat a variety of foods from each of the 5 food groups and maintain proper weight.
- Eat adequate amount of rice or alternative carbohydrate sources.
- Eat plenty of vegetables and fruits regularly.
- Eat fish, lean meat, eggs, legumes and pulses regularly.
- Drink milk in appropriate quality and quantity for one's age.
- Eat a diet containing appropriate amounts of fat.
- Avoid sweet and salty foods.
- Eat clean and safe food.
- Avoid or reduce the consumption of alcoholic beverages.



India

- Nutritionally adequate diet should be consumed through a mix: choice from a variety of foods.
- Additional food and extra care are required during pregnancy and lactation.
- Exclusive breast-feeding should be practiced for 4-6 months. Breast-feeding can be continued up to two years.
- Food supplements should be introduced to infants by 4-6 months.
- Adequate and appropriate diet should be taken by children and adolescents, both in health and disease.
- Green leafy vegetables, other vegetables and fruits should be used in plenty.
- Cooking oils and animal foods should be used in moderation, and vanaspati/ghee/butter should be used only sparingly.
- Over-eating should be avoided to prevent over-weight and obesity. Proper physical activity is essential to maintain desirable body weight.
- Salt should be used in moderation.
- Foods consumed should be safe and clean.
- Healthy and positive food concepts and cooking practices should be adopted.
- Water should be taken in adequate amounts and beverages should be consumed in moderation.
- Processed and ready-to-eat foods should be used judiciously.
- Sugar should be used sparingly.
- The elderly should eat a nutrient-rich diet to keep fit and active.





EUROPE

Bulgaria

- Eat a nutritious diet with variety of foods. Do eat regularly, take enough time and enjoy your food in friendly environment.
- Consume cereals as an important source of energy. Prefer wholegrain bread and other wholegrain products.
- Eat a variety of vegetables and fruits more than 400 grams every day, preferably raw.
- Prefer milk and dairy products with low fat and salt content.
- Choose lean meat, replace meat and meat products often with fish, poultry or pulses.
- Limit total fat intake, especially animal fat. Replace animal fats with vegetable oils when cooking.
- Limit the consumption of sugar, sweets and confectionery, avoid sugar-containing soft drinks.
- Reduce intake of salt and salty foods.
- If you drink alcoholic beverages, you should consume moderate quantities.
- Maintain a healthy body weight and be physically active every day.
- Drink plenty of water every day.
- Prepare and store the food in a way to ensure its quality and safety.

Ireland

- Enjoy your food!
- Eat a variety of different foods, using the Food Pyramid as a guide.
- Eat the right amount of food to be a healthy weight, and exercise regularly. Foods with a lot of fibres fill you up quickly, so you'll be less likely to want high-fat foods. This will help you be a healthy weight.
- Eat 4 or more portions of fruit and vegetables every day. Try and get into the habit of having at least one portion of fruit juice, fruit or vegetable at every meal.
- Eat more foods rich in starch- breads, cereals, potatoes, pasta and rice. Aim to have at least 6 servings a day.
- Eat plenty of foods rich in fibres - breads and cereals (especially whole grain) potatoes, pasta and rice; and fruit and vegetables.
- Reduce the amount of fatty foods you eat, especially saturated fats. Make lower fat choices whenever possible. Grill, boil, oven bake, or stir-fry in very little fat instead of deep-frying. Try eating fewer foods from the top of the Food Pyramid.
- If you drink alcohol, keep within sensible limits. Preferably, drink with meals and try to make every second day an alcohol free day.
- Use a variety of seasonings; try not to always rely on salt to flavour foods. Use herbs, spices and black pepper as alternatives.



- If you drink or eat snacks containing sugar, limit the number of times you take them throughout the day. This is particularly important for children's growing teeth.

LATIN AMERICA AND THE CARIBBEAN



Dominica

- Start the day with breakfast
- Always try to eat a variety of foods everyday. Use the basket to help you make the choices.
- Eat more vegetables and fruits everyday.
- Reduce fat and oil intake.
- Choose less sweet foods and drinks.
- Use less salt, salted foods, seasonings and salty snacks.
- Make physical activity a part of your daily life.
- Drink water several times a day.
- If you use alcohol do so in moderation.



St. Lucia

- Always try to eat vegetables, starches, peas or beans every day.
- Eat more vegetables and fruits every day.
- Buy less fatty and greasy foods and when you cook, use less fats and oils.
- Use less salt, salted foods, packaged seasonings and salty snacks.
- Choose less beverages and packaged foods with added sugar.
- If you drink alcohol, do so in moderation.
- Keep moving - be more active every day.
- Drink water several times a day.



St. Vincent and the Grenadines

- Eat a variety of foods from the Foods Groups in the breadfruit.
- Eat more fruits and vegetables everyday.
- Reduce fats and oils by cutting back on fatty, oily and greasy foods.
- Reduce the intake of sugar: Use less sugar, sweet foods and drinks.
- When cooking, use less salt and salted seasonings. Eat less salted foods and snacks.
- Water is essential. Drink it several times a day.
- If you use alcohol do so sparingly both in drinking and in food preparation.
- Get moving! Increase physical activity daily.



NEAR EAST



Oman

- Vary your diet making it healthy and balanced.
- Choose whole grains and cereals, and consume potatoes, with their skin.
- Consume 3-5 servings of vegetables daily.
- Consume 2-4 servings of fruits daily.
- Consume fish, poultry, eggs or lean meat.
- Consume 1 serving of legumes daily.
- Consume milk or dairy products daily.
- Limit your fat intake and choose your snacks wisely.
- Follow the five keys to safer food.
- Be active and exercise regularly and drink plenty of water.

NORTH AMERICA



Canada

- Enjoy a variety of food.
- Emphasize cereals, breads, other grain products, vegetables and fruits.
- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol and caffeine.

USA

Adequate nutrients within calorie needs**Key recommendations:**

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan.

Key Recommendations for Specific Population Groups

- People over age 50. Consume vitamin B₁₂ in its crystalline form (i.e., fortified foods or supplements).
- Women of childbearing age who may become pregnant. Eat foods high in heme-iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C-rich foods.



- Women of childbearing age who may become pregnant and those in the first trimester of pregnancy. Consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to food forms of folate from a varied diet.
- Older adults, people with dark skin, and people exposed to insufficient ultraviolet band radiation (i.e., sunlight). Consume extra vitamin D from vitamin D-fortified foods and/or supplements.

Weight management

Key Recommendations

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Key Recommendations for Specific Population Groups

- Those who need to lose weight. Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity.
- Overweight children. Reduce the rate of body weight gain while allowing growth and development. Consult a healthcare provider before placing a child on a weight-reduction diet.
- Pregnant women. Ensure appropriate weight gain as specified by a healthcare provider.
- Breastfeeding women. Moderate weight reduction is safe and does not compromise weight gain of the nursing infant.
- Overweight adults and overweight children with chronic diseases and/or on medication. Consult a healthcare provider about weight loss strategies prior to starting a weight-reduction program to ensure appropriate management of other health conditions.

Physical activity

Key Recommendations

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous intensity activity on most days of the week while not exceeding caloric intake requirements.



- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

Key Recommendations for Specific Population Groups

- Children and adolescents. Engage in at least 60 minutes of physical activity on most, preferably all, days of the week.
- Pregnant women. In the absence of medical or obstetric complications, incorporate 30 minutes or more of moderate-intensity physical activity on most, if not all, days of the week. Avoid activities with a high risk of falling or abdominal trauma.
- Breastfeeding women. Be aware that neither acute nor regular exercise adversely affects the mother's ability to successfully breastfeed.
- Older adults. Participate in regular physical activity to reduce functional declines associated with aging and to achieve the other benefits of physical activity identified for all adults.

Food groups to encourage

Key Recommendations

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 ½ cups of vegetables per day are recommended for a reference 2,000 calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Key Recommendations for Specific Population Groups

- Children and adolescents. Consume whole-grain products often; at least half the grains should be whole grains. Children 2 to 8 years should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.



Fats

Key Recommendations

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

Key Recommendations for Specific Population Groups

- Children and adolescents. Keep total fat intake between 30 to 35 percent of calories for children 2 to 3 years of age and between 25 to 35 percent of calories for children and adolescents 4 to 18 years of age, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

Carbohydrates

Key Recommendations

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

Sodium and potassium

Key Recommendations

- Consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables

Key Recommendations for Specific Population Groups

- Individuals with hypertension, blacks, and middle-aged and older adults. Aim to consume no more than 1,500 mg of sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.



Alcoholic beverages

Key Recommendations

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

Food safety

Key Recommendations

- To avoid microbial foodborne illness:
- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- Cook foods to a safe temperature to kill microorganisms.
- Chill (refrigerate) perishable food promptly and defrost foods properly.
- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Key Recommendations for Specific Population Groups

- Infants and young children, pregnant women, older adults, and those who are immunocompromised. Do not eat or drink raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, raw or undercooked fish or shellfish, unpasteurized juices, and raw sprouts.
- Pregnant women, older adults, and those who are immunocompromised: Only eat certain deli meats and frankfurters that have been reheated to steaming hot.



Analysing dietary guidelines

Study and compare dietary guidelines from different countries around the world. Fill in this work sheet to check your understanding of dietary recommendations.

1. Do the guidelines always divide foods into groups? Yes No
If so, what are the food groups?

.....
.....

2. Do all the guidelines have the same number of food groups? Yes No

3. In your opinion, how are foods put into groups?

.....
.....
.....

4. What differences exist in the food groups recommended by each country?

.....
.....
.....

5. If foods are not divided into groups, what are the recommendations for amounts to eat?

.....
.....
.....

6. What is included in the protein group?

.....
.....
.....

7. Is there a separate "Dairy" or "Milk" group? Yes No
What foods are there?

.....
.....
.....



Analysing dietary guidelines (cont.)

8. Are vegetables and fruit in the same group or in two different groups? Do you think they should be in the same group? Why or why not?

.....

9. Are there any differences between amounts or portions recommended for each group? Describe those differences. **Yes No**
 What are the recommendations for amounts of foods?

.....

10. Do all guidelines recommend moderation for fats, sugars and alcohol? Find and list these recommendations. **Yes No**

.....

11. Are there any recommendations for specific age groups, such as children, adolescents or pregnant women? If so, what are the recommendations. **Yes No**

.....

12. Are there any other recommendations, for example, on food safety or physical activity? List these and describe the differences.

.....

13. Examine the guidelines for Namibia and compare them to a more detailed guide such as the one for India or the USA. Which approach (general or more specific) would be most successful in your country and why? Which approach would be most effective to use with your family?

.....

14. What would you change, remove or add to the guides and why?

.....



★ You need to read the Fact sheet Food-based dietary guidelines before you can complete this work sheet.



My food guide for better health

Make your own personal food guide based on your nutritional needs, health and eating habits. Be realistic and try to follow your food guide!

I will try to...

• • • eat or drink **more** of:

.....
.....

• • • eat or drink **less** of:

.....
.....

• • • eat **plenty** of:

.....
.....

• • • eat a greater **variety** of:

.....
.....

• • • eat foods **rich in**:

.....
.....

• • • eat or drink **moderate** amounts of:

.....
.....

• • • **cook with more**:

.....
.....

• • • cook **with less**:

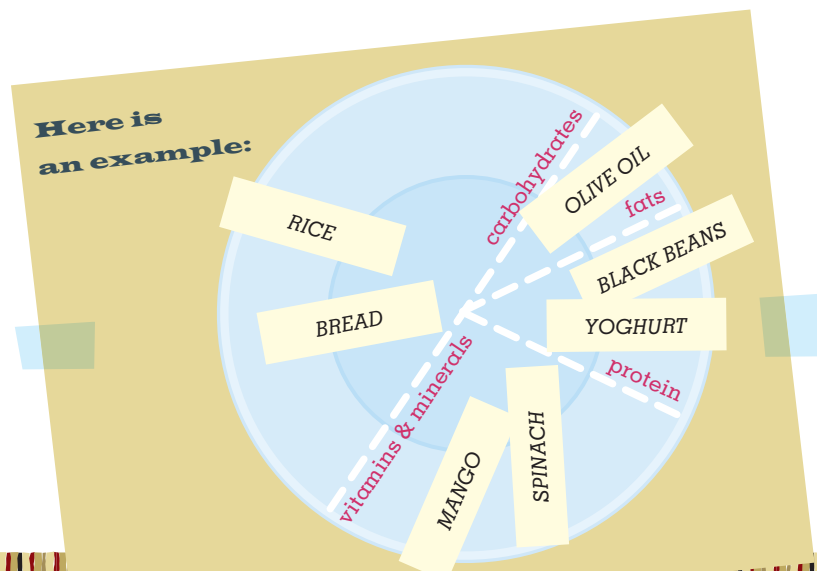
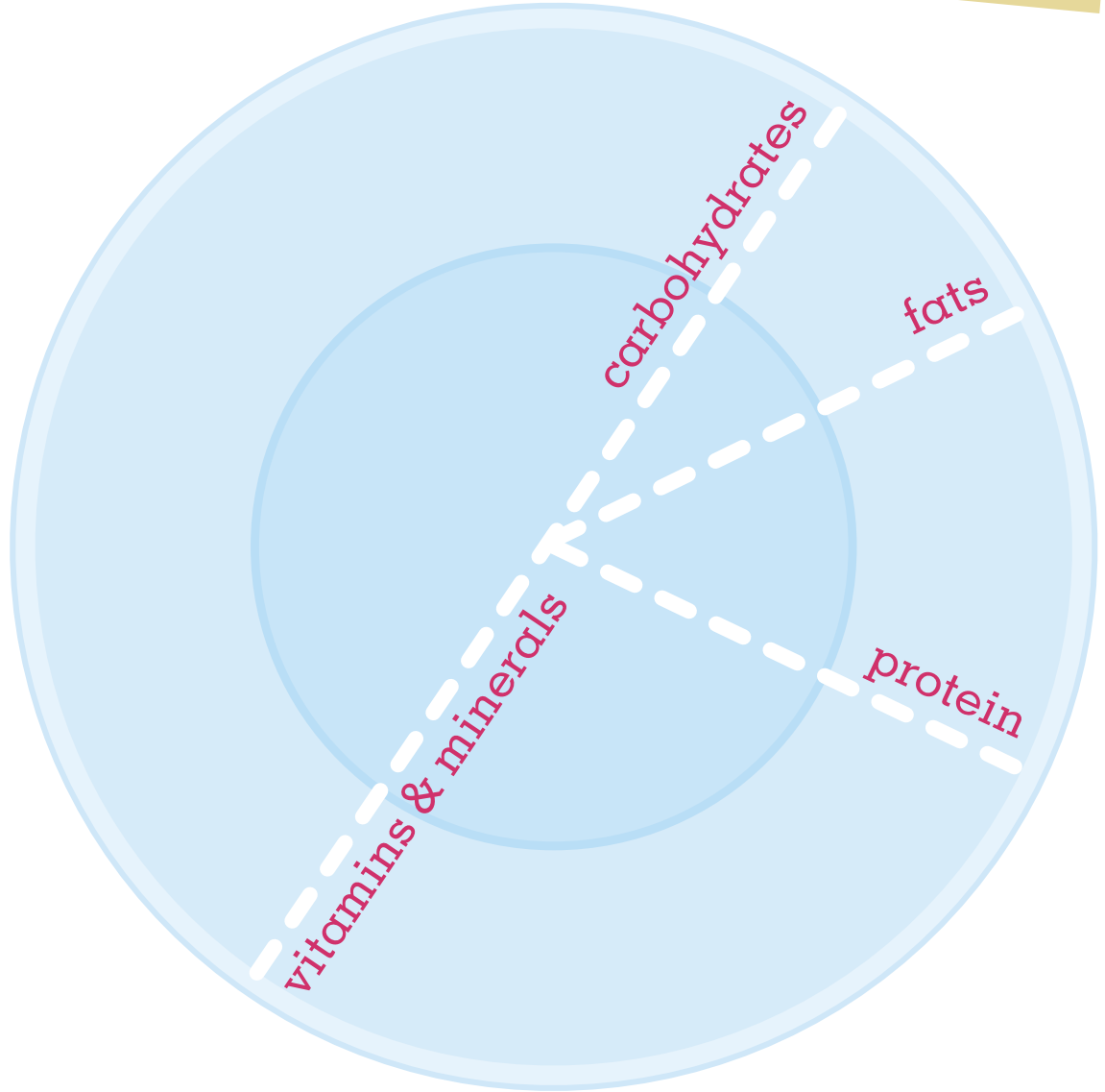
.....
.....





Mixed meal model

Plan a main meal for yourself based on your nutritional needs.
Write or draw all the foods and ingredients in the correct sections of the plate model.
Then evaluate your meal by answering the 6 questions.



1. Is the meal healthy, varied and balanced? Yes No

2. What macronutrients do you get from it?

.....

.....

.....

3. What micronutrients do you get from it?

.....

.....

.....

4. What kind of healthy drinks can be taken with this meal?

.....

.....

.....

5. Are most of your meals healthy and varied?

.....

.....

.....

6. How can you improve your meals to make sure you get what you need from your food?

.....

.....

.....





Eating traditions around the world

Carry out a research to see what you can find out about eating habits and traditions in different countries and societies.

Then complete the sentences on this work sheet by writing in the names of countries or societies where each eating habit is practised.

- In people eat their **main meal in the morning**;
 in people eat their main meal **in the middle of the day**;
 in people eat their main meal **at the end of the day**.
- In people **usually eat twice** a day;
 in people normally eat **three times** a day.
- In **families** usually **eat together**;
 in adults eat **separately from children**;
 in men eat **separately from women**.
- In **people** eat **around the table**, from **their own plates**,
 using a **knife, fork** and **spoon**;
 in people eat from a **common bowl** or large plate;
 in people eat food **with their hands**;
 in people **use chopsticks** to eat their food.
- In mealtime **is an opportunity** for the family **to make conversation**, share **stories**, provide **care** and attention and **teach** children good eating habits in a pleasant atmosphere.
 In families **pray** before eating.
 In people have **rules and beliefs** about foods that are not to be eaten.
- Examples of such **food taboos** are



Use the internet, local libraries, local experts, other sources available to you and your own experience. See the links in the activity section of this lesson.

Food shopping and meal planning

Test your food shopping knowledge. See if you can match the beginning of each sentence on the left with its correct ending on the right.

1. Making a good meal begins with...
2. Buy food according to...
3. Avoid waste and spoilage...
4. Avoid buying the foods...
5. Include meat, fish, milk and other important but expensive foods in the shopping...
6. Substitute expensive foods with...
7. Buy small amounts of...
8. Buy fresh fruits and vegetables...
9. Frozen vegetables are...
10. Canned vegetables may have...

- A. in season to get the best flavour and price.
- B. but buy smaller amounts of them.
- C. higher amounts of salt.
- D. sugar, sweets, fats and oils.
- E. you've eaten in the last few days.
- F. the nutritional needs of the family.
- G. a convenient alternative to fresh vegetables.
- H. by checking what foods there are at home and buying only what is needed.
- I. cheaper foods from the same group, for example, meat with beans.
- J. good planning and good food shopping.



Answer key: 1J; 2F; 3H; 4E; 5B; 6I; 7D; 8A; 9G; 10C.

Food choices: true or false?

Check your understanding of the best foods to choose, buy and eat.

	True	False
1. It is healthy to eat the same food with the same ingredients every day.	<input type="checkbox"/>	<input type="checkbox"/>
2. Breads made with white flour contain more fibre than those made with whole grains (wheat, bran, oats, rye).	<input type="checkbox"/>	<input type="checkbox"/>
3. Frozen vegetables can be just as nutritious as fresh vegetables.	<input type="checkbox"/>	<input type="checkbox"/>
4. Red, orange or dark green vegetables and fruit usually contain less nutrients than those with lighter colours.	<input type="checkbox"/>	<input type="checkbox"/>
5. Fruit and vegetables maintain nutrients even when they wilt or spoil.	<input type="checkbox"/>	<input type="checkbox"/>
6. We should choose lower-fat milk products more often.	<input type="checkbox"/>	<input type="checkbox"/>
7. We should select high-fat cheese varieties more often.	<input type="checkbox"/>	<input type="checkbox"/>
8. We should buy leaner meats and a variety of fresh, tinned or frozen fish.	<input type="checkbox"/>	<input type="checkbox"/>
9. Beans, peas and lentils are a less expensive source of protein, and they are low in fat and high in fibre.	<input type="checkbox"/>	<input type="checkbox"/>
10. We should prefer fruit drinks to real fruit juices.	<input type="checkbox"/>	<input type="checkbox"/>



Answer key: 1 False, 2 False, 3 True, 4 False, 5 True, 6 True, 7 False, 8 True, 9 True, 10 False.



My seasonal fruits

List the fruits available in local shops and markets or that you or your family grow. Find out when each fruit is ripe and ready for harvest and sale in your area and where it comes from. When does the season begin? When does it end? When is the peak of the season? How do prices change throughout the season? Does the quality or flavour change? Fill in the work sheet with the symbols provided or create your own.

Fruit	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.



★ You can carry the table with you to the shop or to the market to use as a pocket guide when choosing your fruits.

- ↗ season begins
- ↘ season ends
- ▲ peak season
- ▼ locally grown
- ◀ grown far away

My seasonal vegetables



List the vegetables available in local shops and markets or that you or your family grow. Find out when each vegetable is ripe and ready for harvest and sale in your area and where it comes from. When does the season begin? When does it end? When is the peak of the season? How do prices change throughout the season? Does the quality or flavour change? Fill in the work sheet with the symbols provided or create your own.

Vegetables	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.

↗ season begins
↘ peak season
↖ season ends
→ locally grown
← grown far away

You can carry the table with you to the shop or to the market to use as a pocket guide when choosing your vegetables.





Reading food labels

Collect labels of three packaged foods of the same type (three different breads, three yogurts, three juices, etc).
 Read the labels and fill in this work sheet with the information you find on the label.
 Compare the foods and decide which one is a better choice for you.

	Food A	Food B	Food C
Name of food
Processing date
Expiry date
Manufacturer's name and address
Ingredients
Amount of food in the package
Number of servings in the package
Serving size
Nutrition information (nutrient content)
Nutritional claims (low fat, low sodium, no added sugar)
Health claims (lowers cholesterol, lowers blood pressure)
Additional information

Your choice:

- Food A. Why?
- Food B. Why?
- Food C. Why?



Understanding and using food labels

The food label on packaged foods can be a useful source of information for choosing and buying foods.
 Comparing the nutrient content and serving size of different products can help in planning healthy meals and snacks and selecting foods that meet individual nutritional needs.
Food labels are especially useful for people who need to follow special or restricted diets.

NUTRITION INFORMATION			
• Servings Per Package: 10		Serving Size: 30ml	
Avg Quantity	Per Serving	Per 100ml	%DV
• ENERGY	246kJ	819kJ	
• PROTEIN	0.8g	2.6g	
FAT, Total	5.7g	19.0g	9%
- Saturated Fat	4.0g	13.4g	18%
- Trans Fat	0.03g	0.1g	
- Polyunsaturated	0.03g	0.1g	
- Monounsaturated	0.03g	0.1g	
- Cholesterol	20mg	66.6g	7%
CARBOHYDRATE	1.2g	4.1g	0%
- Sugars	1.0g	3.3g	
- Dietary Fibre	0g	0g	
SODIUM	10mg	32mg	1%
• CALCIUM	35.1mg	117mg	
POTASSIUM	46.5mg	151mg	

1 Serving Size

2 Serving Unit

3 Calories

4 Protein

5 Fats

6 Carbohydrates

7 Micronutrients

8 Daily Values

Reading food labels

The main or top section of the label (see nos. 1–4 and no. 6 on the sample label on page 2) contains information specific to that particular food product, such as the number of calories in a specific serving or portion size and the nutrients provided in each serving of that food.



The bottom part (see no. 5 on the sample label below) contains a footnote with Daily Values (DVs) for 2 000 and 2 500 calorie diets. This footnote provides recommended dietary information for important macro and micronutrients, including fats, sodium and fibre. The percentage of Daily Values helps to determine if a serving of food is high or low in a nutrient. It is useful as a general guide, even if you do not know how many calories you consume in a day. The footnote is found only on larger packages and does not change from product to product.

① **Start Here**

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calories diet. Your Daily Values may be higher or lower depending on your calories 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	375g
Dietary Fiber	25g	30g

⑥

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

