

# Wisconsin Wrestling Minimum Weight Project

## The NEW Food Label

The following foods will not have Nutrition Facts:

- \* Foods produced by small businesses and restaurants or foods produced and sold on site (such as bakeries), vending machine foods, and foods shipped in bulk.
- \* Foods with insignificant nutrients (i.e., coffee, spice).
- \* Packages that are too small to display the information. Instead, the manufacturers must include a phone number or address that consumers can call or write for the information.
- \* Fresh fruits and vegetables, raw poultry, meat and fish. (Processed meat and poultry will require nutrition labeling per regulations set by the United States Department of Agriculture (USDA).)

### DEFINITION OF TERMS

**Reduced, less or fewer** A diet product contains 25% less of a nutrient or calories than the regular or reference.

**Low** Used on foods that may be eaten daily in reasonable amounts without exceeding the Dietary Guidelines for fat, saturated fat, cholesterol, sodium or calories.

*Low fat* - 3 grams or less per serving.

*Low saturated fat* - 1 gram or less per serving and not more than 15% of calories from saturated fat.

*Low sodium* - 140 milligrams or less per serving.

*Very low sodium* - 35 milligrams or less per serving.

*Low cholesterol* - 20 milligrams or less per serving.

*Low calories* - 40 calories or less per serving.

*Little, Few and Low Source Of* may also be used instead of Low.

**Free** The product contains only a tiny or insignificant amount of cholesterol, fat, sodium or salt, sugar or calories.

*Calorie free* means fewer than 5 calories per serving.

*Sugar free or fat free* both mean the food has less than 0.5 grams of sugar or fat per serving.

*Without, No and Zero* are also approved terms that can be used in place of free.

**Light or Lite** One of three meanings:

1. An altered product containing one-third fewer calories or 50% of the fat in a reference food.
2. The sodium content of a low-calorie, low fat food has been reduced by 50% (the claim "light in sodium" may be used).
3. The term describes such properties as texture and color, as long as the label explains the intent (i.e., "light brown sugar," "light and fluffy").

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Serving sizes for all similar foods must be consistent and reflect the amounts people actually eat. One brand cannot list 1/4 cup of a serving while the other specifies 3/4. Consistent serving sizes will make it easier for you to compare nutritional values.

The list of nutrients covers those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat or sodium, for example) rather than too few vitamins or minerals as in the past

The bottom section of the label shows you how many calories are in each gram of fat, carbohydrate or protein. Fat has twice the calories as protein or carbohydrate.

<b>Nutrition Facts</b>			
Serving Size			
Servings Per Container			
<b>Amounts Per Serving</b>			
<b>Calories</b>		<b>Calories from Fat</b>	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	g		%
Saturated Fat	g		%
<b>Cholesterol</b>	mg		%
<b>Sodium</b>	mg		%
<b>Total Carbohydrate</b>	g		%
Dietary Fiber	g		%
Sugars	g		
<b>Protein</b>	g		
Vitamin A	%	•	Vitamin C %
Calcium	%	•	Iron %
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2000      2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	•	Carbohydrate 4      •      Protein 4

Along with the number of calories per serving, the label must include the number of calories from fat. This number will help individuals who try to limit their fat intake to less than 30 percent of their total caloric intake.

The all new Daily Value section of the label shows how a food fits into the overall daily diet. The Daily Value tells the food's nutritional content, given as percentages, and is based on a 2000 calorie-a-day diet. The FDA chose 2000 calories because it has the greatest health benefit for the public.