

Healthy Habits

A publication of Maternal & Family Health Services that provides nutrition education and helps people make healthy food choices



Benefits of the Food Label

The food label was designed to help people choose foods for a healthful diet. By using the food label, we can compare the nutrient content of similar foods, see how foods fit into our overall diets, and understand the relationship between certain nutrients and diseases.

When making nutrition choices, remember these 3 basics:

1. **Find the serving size.**
 - Remember that one package isn't necessarily one serving!
 - Check out the total number of calories and nutrients per serving.
 - Think about the total number of servings you eat.
2. **Consider the calories.**
 - When looking at a food's calories, remember: 40 is low, 100 is moderate, 400 is high.
 - Pay attention to the calories you eat throughout the day.
 - The food label is based on a 2,000 calorie diet—but your calorie needs might be different.
 - To find out what your "target" calories per day are, go to My Pyramid Plan: www.mypyramid.gov
3. **Choose nutrients wisely.**
 - Pick foods that are lower in certain fats, cholesterol and sodium when making daily food choices.
 - 5% Daily Value (DV) is low. 20% DV is high.
 - Nutrients to get less of (trans fat, saturated fat, cholesterol, sodium and sugars)
 - Nutrients to get more of (potassium, fiber, vitamins A & C, iron, Calcium)

Nutrition Facts		Start here
Serving Size 1 cup (228g) Servings Per Container 2		
Amount Per Serving		Check calories
Calories 250	Calories from Fat 110	
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	Limit these
Sodium 470mg	20%	
Potassium 700mg	20%	
Total Carbohydrate 31g	10%	Get enough of these
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	Footnote
* 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 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Adapted from the US Food and Drug Administration.

HEALTHY RECIPE

Salmon Patties

Serving Size: 1/9 of recipe Yields: 9 servings

Ingredients:

- 1 can (15 1/2 ounce) drained salmon
- 1 cup whole-grain crushed cereal or crackers
- 2 large eggs—lightly beaten
- 1/2 cup 1% milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Instructions:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until the patty is thoroughly cooked.

Note: Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Cost:

Per recipe: \$2.78
Per Serving: \$0.31

Adapted from Eat for Health Toolkit—Missouri Nutrition Network

Nutrition Facts	
Serving Size 1/9 of recipe (77g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

HEALTHY RECIPE

Magical Fruit Salad

Serving Size: 1/12 of recipe Yield: 12 servings

Ingredients:

- 1 can (20 ounce) pineapple chunks
- 1/2 pound grapes, seedless, red or green
- 2 bananas
- 1 3/4 cup non-fat or low-fat milk
- 1 package (3 1/2 ounce) pudding mix, instant, lemon or vanilla

Instructions:

1. Drain off the pineapple juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Cost:

Per recipe: \$3.16
Per serving: \$0.26

Adapted from Pictoral Recipes, Lynn Myers Steele, 2000—
Oregon Family Nutrition Program, Oregon State University Extension Service

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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