

7 facts about food labels.

Nutrition Facts labels show the nutrients in food and beverages. Learning how to read them can help people with FCS make the right choices about what they eat and drink. Here's what you need to know...

1 SERVING SIZE UPDATE COMING IN 2018

New serving sizes better reflect portions that people are eating & drinking.



What was previously considered FOUR servings...



...is now considered to be TWO servings.

2 KNOW WHAT QUANTITY THE LABEL IS BASED ON

Serving size is the amount of the food or beverage that contains the calories, fat, carbs, etc., listed on the label. In this example, a single serving is 2/3 cup. The total number of servings in the container is 8.

4 CALCULATE TOTAL FAT. TRACK FAT. LIMIT FAT.

For FCS patients, it is essential to know how much total fat is in a serving, so you can track and manage fat intake. For example, a serving of this product has 8g of fat. If you can only have 4g of fat, you'd eat half a serving, 1/3 cup.

6 BE SURE YOU GET THE NUTRIENTS YOU NEED

Reduced fat foods may lead to low levels of some vitamins and minerals that dissolve in fat, such as vitamins A, D, E, and K.

2018 New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

3 KNOW THE CALORIES PER SERVING.

This tells you how many calories you're getting based on the actual portion you eat. For example, if you eat two servings, you'd double the calories listed here. People on an FCS-friendly food plan may want to discuss daily calorie needs with a registered dietitian or doctor.

5 LIMIT SIMPLE CARBS AND SUGARS.

Refined carbohydrates (like white bread and rice) and added sugars (found in soda, candy, syrups, etc.) may cause triglycerides to spike, leading to FCS-related health issues.

7 NOW THAT YOU KNOW, TAKE CONTROL.

- For people with FCS, counting grams of fat, total carbohydrates, fat-soluble vitamins, and other nutrients remain the key to maintaining an FCS-friendly food plan.
- Work with a registered dietitian to create an enjoyable food plan that also meets your daily caloric and nutrient needs. Refer to food labels to make sure you're getting the nutrients you need and avoiding the things you don't.
- **Important: If you have FCS, the percent (%) daily value is not a reliable way to track fat, calories, carbs, and other nutrients. It can even be dangerous. Instead, count or track the actual amount you are eating or drinking, limiting total fat to less than 20 grams per day.**
- To help feel full longer, try eating foods that are high in protein and fiber, but low in total fat.



For more information and resources, please visit fcsfocus.com/nutrition/using-food-labels/.