

Food Label Tip: Watch Your Calories and Serving Sizes

It is important to watch your calories for weight control. To do this, you need to know how calories and serving size are related. This will help you choose foods and decide what amounts to eat or drink to keep a healthy weight. Learn about calories and serving size by looking at these food labels:

Nutrition Facts
Serving Size 1/2 cup (110g)
Servings Per Container 3.5

Amount Per Serving
Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 4%

Sugars 9g

Protein less than 1g

Vitamin A 8% • Vitamin C 2%

Calcium 0% • Iron 0%

Nutrition Facts
Serving Size 1/2 cup (110g)
Servings Per Container 3.5

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 10mg 0%

Total Carbohydrate 24g 8%

Dietary Fiber 1g 4%

Sugars 23g

Protein 0g

Vitamin A 2% • Vitamin C 2%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This is where you find the "Serving Size" on a food label. The Serving Size for both types of canned peaches is **1/2 cup**.

Here is where you find calories on a food label. There are **50 calories in 1 serving (1/2 cup)** of canned peaches in **fruit juice**. Watch the difference! There are **100 calories** in 1 serving size of canned peaches in **heavy syrup**.

The more servings you have of a food or drink, the more calories you consume. If you eat the whole can of peaches in fruit juice, you would consume 175 calories. If you eat the whole can of peaches in heavy syrup, you would consume 350 calories.

Serving size and calories go hand-in-hand. Be sure to look at both of these on food labels and make the healthy choice!

Serving Sizes for Common Foods

Remember, if you eat or drink more than 1 serving, your calories will go up.

Foods	Serving Size
Bread	1 slice
Vegetable	1 cup raw leafy vegetable OR 1/2 cup vegetable juice
Fat-free or low-fat milk	1 cup
Lean meat, poultry, and fish	3 ounces (cut the skin off poultry)
Fruit or fruit juice	1/2 cup of chopped, cooked, or canned fruit OR 1/2 cup of 100% juice

Food Label Tip: Find Out How Much Sugar and Calories Are In Your Favorite Drink

Drink (12 ounce serving)	Grams of Sugar	Teaspoons of Sugar (Approximately)	Calories
Water	0 grams	0 teaspoons	0
Unsweetened Iced Tea	0 grams	0 teaspoons	0
Diet Cola	0 grams	0 teaspoons	0
Lemonade (Sugar-Free)	0 grams	0 teaspoons	0
Sports Drink	8.5 grams	2 teaspoons	75
Orange Juice	20 grams	5 teaspoons	105
Lemonade	25 grams	6 1/4 teaspoons	105
Ginger Ale	25 grams	6 1/4 teaspoons	90
Energy Drink (8 ounces)	25 grams	6 1/4 teaspoons	190
Grape Juice	32 grams	8 teaspoons	150
Horchata	33 grams	8 1/4 teaspoons	210
Sweetened Iced Tea	33 grams	8 1/2 teaspoons	120
Cola	41 grams	10 1/4 teaspoons	150
Fruit Punch	46 grams	11 1/2 teaspoons	195
Guava Nectar	48 grams	12 teaspoons	240
Mango Nectar	50 grams	12 1/2 teaspoons	230
Orange Soda	52 grams	13 teaspoons	210



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