Lesson 10
Decoding Food Labels
Nutrition Facts

Federal law requires this label on most foods. Includes information about:

- Serving size
- Calories
- Fats and cholesterol
- Sodium
- Carbohydrates
- Fiber
- Sugars
- Protein
- Vitamins and minerals

Photo credit: CarrotNewYork.
Ingredients

Listed in descending order by weight.

Select potatoes, expeller pressed high oleic sunflower oil, seasoning (lactose, dextrose, salt, sodium diacetate, garlic powder, onion powder, citric acid, malic acid, dill weed and spice extractive). Contains milk.

No MSG

Photo credit: Michael Millii, CLF.
USDA Organic

Requirements include:

- No synthetic fertilizers
- Most pesticides are prohibited
- No hormones or antibiotics in animals
- No genetically engineered organisms
- Animals must be able to express certain natural behaviors (e.g., grazing)
Natural

Should contain no:

- Artificial colors
- Artificial flavors
- Synthetic ingredients

These FDA standards are not enforced.

USDA regulates the label on meat and poultry products.

Third-party labels

Photo credit: James Duncan.