

## EATING 101 RU DINING HEALTHY?



## A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

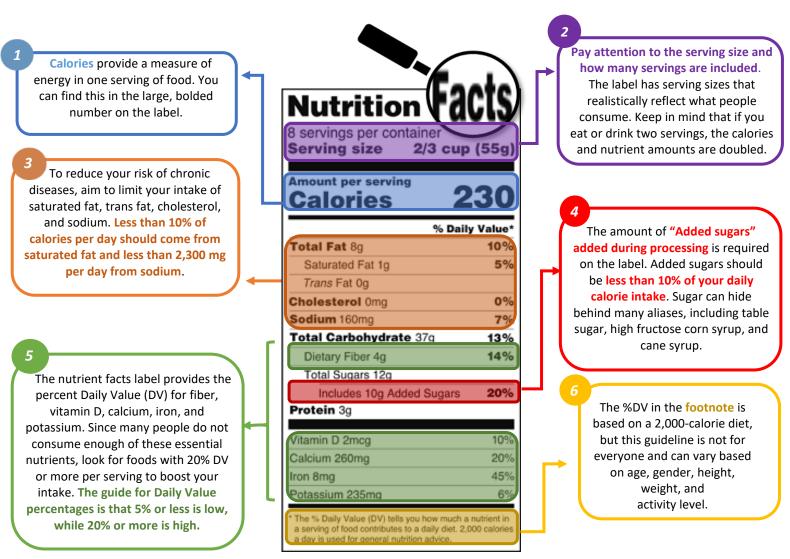
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## **Diet Detective: Decoding Nutrition Facts Labels**

Here is some food for thought: they say, "You are what you eat," but do you *know* what you are eating?

Nutrition facts labels hold the key, but understanding what they mean can feel like deciphering a secret message. These labels help students make informed dietary choices and recognize how their food contributes to their daily nutrition.

Updated in January 2020, the Nutrition Facts label emphasizes calories, realistic serving sizes, and daily value percentages. Read below to magnify your knowledge and crack the case of your nutrition!



Your Cheat Sheet to Good Eats.

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References: Dietary Guidelines for Americans 2020-2025. Available at: https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials. Accessed on November 11, 2024. Changes to the Nutrition Facts Label. Available at: https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/changes-nutrition-facts-label Accessed on November 13, 2024. What's on the Nutrition Facts Label? Available at: https://www.fda.gov/food/nutrition-facts-label/whats-nutrition-facts-label. Accessed on November 11, 2024.

