



MORGANTOWN — When summer school begins at West Virginia University, the customer count at the Health Sciences Center Cafeteria increases after a short break. Students comprise about 15 percent of the 1,600 daily customers with staff, faculty and some visitors making up the rest.

Customers stop at the various stations not just to see what's offered, but to compare nutrition labels.

For several years, the HSC Cafeteria has posted nutrition labels at the point of service for each item served.

Unlike the proposed menu labeling initiative introduced into the state legislature this past session that would have required calorie and fat content posted on menus, this voluntary program takes it a step further.

Signature recipes are entered into a special software program that also produces nutrition labels like those on packages in the grocery store.

Of customers surveyed, 96 percent rate the availability of nutritional information as “very good” or “good.” Comments included “love the healthy foods offered — and all the nutritional information” and “I am appreciative of the nutritional information which I use to determine Weight Watcher’s points.” One customer said she “lost 14 pounds since Christmas eating there.”

The American Dietetic Association recommends that nutrition education be a component of nutrition labeling.

Start with the serving size: If the label serving is ½ cup and you choose to eat 1 cup, then double the calories and nutrients listed on the label.

Check the calories: The Percent of Daily Value is based on 2,000 calories. Depending on age, activities and gender, you may need more or less.

Note the nutrients: Fats, cholesterol and sodium are listed because those are nutrients people often consume in excess. Try to limit these. Fiber, vitamins A and C, calcium and iron are listed because people often don't get enough of these. Try to consume a variety of foods with more of these. The Percent of Daily Value of calcium for teens and older adults is higher than that listed.

Understanding food labels helps consumers comparison shop for wellness.

For more information, contact a registered dietitian at [www.eatrightwv.org](http://www.eatrightwv.org).

# How to Read a Food Label

## Fresh Strawberry Pie

Start Here →

Check Calories

Limit Fat,  
Saturated Fat,  
Trans Fat,  
Cholesterol and  
Sodium

Get enough Fiber

Get enough Vitamins  
A, C, Calcium and  
Iron

### Nutrition Facts

Serving Size 1 serving (195.69g)

Servings Per Container 1

#### Amount Per Serving

**Calories** 150      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

**Saturated Fat** 2g      **10%**

*Trans Fat* 0g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Total Carbohydrate** 23g      **8%**

**Dietary Fiber** 3g      **12%**

**Sugars** 8g

**Protein** 3g

**Vitamin A** 0%      • **Vitamin C** 110%

**Calcium** 0%      • **Iron** 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Strawberries, Tap Water, KEEBLER Graham Cracker Crumbs, Rich Whip Topping prepared from base, Cornstarch, Strawberry Gelatin Sugar Free with Aspartame, Margarine, Orange Peel (Zest), PACIFIC SEASONINGS Almond Extract

### Quick Guide to % Daily Value

**5% or less is Low**

**20% or more is High**