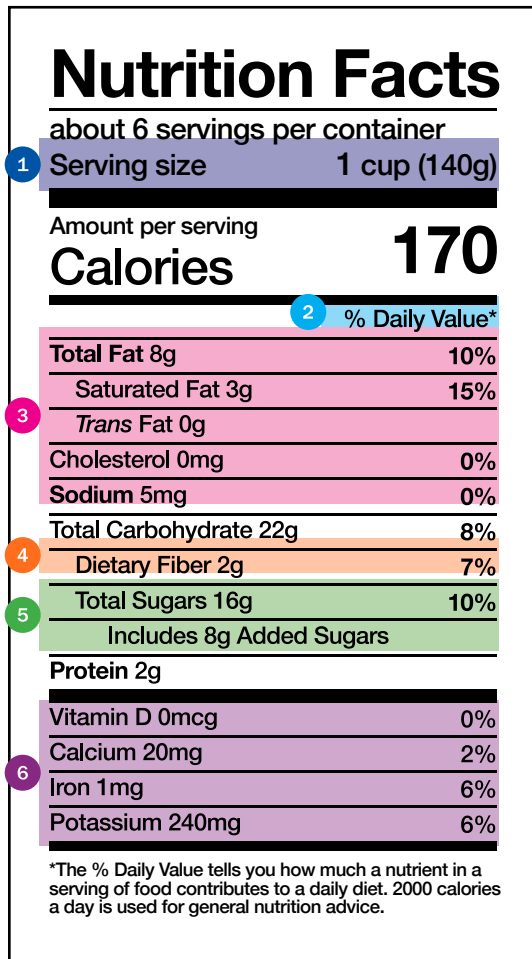


reading a food label

HIV



1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflects the amount in one serving, or "Serving size".

2 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5% DV = low nutrient content

At or above 20% DV = high nutrient content

3 Limit These Nutrients

Look for a low %DV for Total Fat, Saturated Fat, Cholesterol and Sodium.

4 Fiber

Look for 3 grams or more of fiber, or a high %DV.

5 Limit Total Sugars

Limit added sugars, look for a low %DV.

6 Vitamins & Minerals

Nutrients listed in this section are often lacking in the typical American food diet. Food manufactures call attention to them here so we can better meet our needs. Look for a high %DV.

7 Ingredient List

Avoid foods containing carrageenan and maltodextrin. These are food additives that are known to be problematic, especially in people with chronic illnesses. Also avoid foods containing sorbitol, mannitol, xylitol, and malitol. These are sugar alcohols and have been known to cause stomach discomfort.