

# Nutrition Label

**Step 1:** Find how much of each nutrient (fat, sugar, cholesterol, etc.) is in each ingredient in your recipe.

Pick an ingredient in your recipe.

Does your ingredient have a nutrition label?

Yes! 😊

No! ☹️

## Use It!

Lets look at butter as an example. The serving size for butter is 1 tbsp.

Therefore, 1 tbsp. of butter has 100 calories.

If your recipe calls for 6 tbsp. of butter, then the butter contributes 600 calories to your recipe.

### Label for Butter:

Nutrition Facts		
Serving Size: 1 tbsp (14g)		
Amount Per Serving		
Calories	100	Calories from Fat 100
<b>% Daily Value*</b>		
Total Fat	11 g	17%
Saturated Fat	7 g	35%
Trans Fat	0 g	
Cholesterol	30 mg	10%

100 calories per serving

Serving size for butter

Repeat for each ingredient that has a nutrition label.

## Use the USDA Agricultural Service

Website: <http://ndb.nal.usda.gov/ndb/foods>

Enter your ingredient in the search bar and choose the appropriate option (ex: butter, salted).

Pick a unit of measurement (tbsp., etc.) and enter the amount of the ingredient **in your recipe**. Click "Apply Changes".

- The program uses grams instead of pounds. If your recipe uses pounds you will need to convert. (1 lb = 454 grams)
- The program has units of 100 grams. Therefore, if you have 454 grams of an ingredient in your recipe, you will want to enter 4.54 in the box then "Apply Changes". This will result in the correct measurement.

The column will now display the amount of each nutrient that ingredient contributes to your recipe.

Save this information to refer to later. Repeat for every ingredient that does not have a nutrition label.

## Step 2: Add up the amount of each nutrient in the recipe.

1. Add up the number of calories in each ingredient in the recipe.
2. Divide the total number of calories by the number of servings your recipe makes.
3. Repeat for the rest of the nutrients and record the information in the table below.

Nutrient	Amount of Nutrient in Recipe	Amount of Nutrient Per Serving
Calories		
Calories from Fat**		
Protein		
Total Fat		
Carbohydrates		
Fiber		
Sugar		
Sodium		
Saturated Fat		
Unsaturated Fat (Mono+Poly)		
Trans Fat		
Cholesterol		

\*\* Calculate this by multiplying total grams of fat by 9. This is the calories from fat.

## Step 3: Create the label!

Go to Online Labels to create your food nutrition label.

<http://www.onlinelabels.com/label-generator-tools/Nutrition-label-generator.aspx>

1. Select the type of label you want. (This will most likely be the first option).
2. Enter the amount of each nutrient per serving that you calculated. If you leave a category blank it will not be generated.
3. Generate your label. The label will appear below on the screen, and can be opened and saved as a PDF. Print a copy and put it in your binder.

Nutrition Facts	
Serving Size 1 roll	
Amount Per Serving	
<b>Calories</b> 427	Calories from Fat 191
% Daily Values*	
<b>Total Fat</b> 21g	<b>32%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0.3g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 297mg	<b>12%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 11g	
<b>Protein</b> 22g	<b>44%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	