

3-Day Food Diary

How to Read a Nutrition Label

FDA U.S. FOOD & DRUG ADMINISTRATION

- 1. Serving Size**
This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.
- 2. Amount of Calories**
If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.
- 3. Nutrients**
You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.
 - Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron and Potassium. The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
 - Nutrients to get less of: Saturated fat, Sodium, and Added Sugars. The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.
- 4. Percent Daily Value**
This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: 5% DV or less is low and 20% DV or more is high.
- 5. Footnote**
The footnote explains that the %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.93

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Calcium in Foods

RDA
1,000–1,200 mg or 3–4 servings of high calcium food

HIGH (200+ mg)	MODERATE (50–200 mg)	LOW (<50 mg)
Dairy foods	Almonds	Nuts and seeds
Sardines	Beans	Broccoli
Fortified cereals	Canned salmon	Cabbage
Fortified soy or rice milk	Green vegetables	Fruits
Fortified tofu	Breads	ndb.nal.usda.gov/ndb/search/list

Note: Fruits, vegetables, nuts and seeds have smaller amounts of calcium and the calcium in fruits and vegetables attaches to fiber and passes through the body.

3/31/2020 Eating for Healthy Bones 13

Vitamin D Is Essential

Food	Item	Vitamin D Range
Fatty Fish	Salmon, sardines	3.8 – 12.5 mcg
Dairy	Milk fortified with D	2.5 – 3.1 mcg
Other Foods	Fortified cereals, juices	1.3 – 1.9 mcg
Protein	Egg yolk	1.1 mcg

<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

- Calcium needs vitamin D to be absorbed in the intestine
- Sunshine alone is not a reliable source of vitamin D
- RDA varies from 15–50 mcg (600–2,000 IU) per day

It's very hard to get enough vitamin D through diet!
Supplements are not expensive.

3/31/2020 Eating for Healthy Bones 19

Components of a Healthy Diet

- Plant-based foods – 80%
 - Fruits and vegetables – 50% of plate
 - Grains – 30%
- Protein – 20%
 - About half your body weight in grams
- Dairy – 1 serving per meal

3/31/2020 Eating for Healthy Bones 8

What's in Your Glass?

	Cow's milk (fat free)	Lactose free milk	Soy milk	Rice milk	Almond milk
Source	Animal	Animal	Legume	Cereal	Nut
Calcium ¹ (mg)	300	300	0–300	0–300	0–300
Vitamin D ¹ (mcg/IU)	2.5 (100)	2.5 (100)	added	added	added
Protein ¹ (g)	8–10	8–10	varies	varies	varies
Calories ²	85–90	85–90	100–130	110–120	60–100

¹ Source: <http://ndb.nal.usda.gov/ndb/search/list>
² Calories vary depending on sweetener added

3/31/2020 Eating for Healthy Bones 16

Protein

RDA = 46 grams for women / 56 grams for men

Food	gm / serving
Greek yogurt	18 gm / 6 ounces
Cottage cheese	14 gm / ½ cup
Skinless chicken	29 gm / 3 ounces
Lentils	9 gm / ½ cup
Milk	8 gm / cup

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872778/>

Have protein at every meal

3/31/2020 Eating for Healthy Bones 23



3-Day Food Diary

Write down the type of food, how it was prepared, and approximate serving size for 3 consecutive days. Include at least one weekend day. Use extra paper if you need more space. Record calcium and vitamin D supplements.

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			
Snacks			
Supplements Calcium (mg) Vitamin D (mcg)			
Water (oz)			