

Yum Drops - Natural Flavors with Stevia

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Nutrition Facts

Serving Size 5 Drops

Servings Per Container About 75

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g **0%**

Sodium 0mg **0%**

Total Carbohydrate 0g **0%**

Protein 0g

Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.

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

INGREDIENTS: Natural Flavors,
Citric Acid, Stevia Extract RA 97

You can learn a lot from a label.

How the FDA explains how to understand and use the Nutrition Facts Label:

- The Nutrition Facts Panel
- The Serving Size
- Calories
- The Nutrients

People look at food labels for different reasons. But whatever the reason, many consumers would like to know how to use this information more effectively and easily. Here's a quick how to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.

The Nutrition Facts Label - An Overview:

The information in the main or top section can vary with each food product or additive; it contains product-specific information (serving size, calories, and nutrient information).

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.

Calories (and Calories from Fat)

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.)

The Nutrients: How Much?

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups.

Learn more about nutrient labels at the FDA official site:

Source: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>