Today’s nutrition label contains truthful information in a standard format. It makes comparing products fairly easy. If a health claim is on a food package, you can believe it. The food label law makes sure that the facts are correct.

**What Is on a Package?**

- Product name
- Nutrition Facts
- Ingredient list
- Health claims, such as “high in fiber” or “low in fat”
- Handling instructions, such as “Keep Refrigerated”
- Name and address of the maker
- Net Weight

**Looking at the Basics of the Nutrition Facts**

- **Serving Size:** amount of food analyzed for the Nutrition Facts label
- **Servings Per Container:** number of servings in this package
- **Calories:** energy supplied in one serving
- **Calories from fat:** number of calories coming from fat sources per serving
- **Required Nutrient Data:** details about fat, cholesterol, sodium, fiber, sugar, protein, and some vitamins and minerals
There is more to a label than the Nutrition Facts. Product weight and ingredients are also important points.

Size can be misleading. Compare the weight of like food items. Are they the same? Can you think of a food product that commonly comes in an oversized bag or box?

Ingredients are listed by weight, starting with the largest amount down to the smallest amount. Are you getting quality food or just more water, sugar, or fillers?

Take a close look at the ingredient list of these three grape beverages. All beverages are in 48-ounce containers. All three look the same in a glass. Compare their ingredients for the real story.

Use the grape beverages table above to answer the following questions:
1. Which product contains mostly water? 
2. Which product contains mostly grape juice?
3. Which product contains no grape juice?
4. In which of the five food groups do these drinks belong?

Grape juice:
Grape drink:
Powdered grape drink:

<table>
<thead>
<tr>
<th>GRAPE BEVERAGES</th>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Juice</td>
<td>Grape juice from concentrate</td>
</tr>
<tr>
<td>Grape Drink</td>
<td>Water, sugar, grape juice concentrate, citric acid, natural flavors and artificial colors</td>
</tr>
<tr>
<td>Powdered Grape Drink</td>
<td>Citric acid, natural and artificial flavors, sugar, artificial color</td>
</tr>
</tbody>
</table>