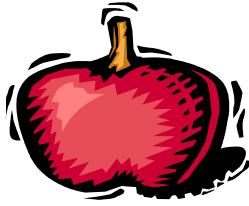


From the Broward County Extension Education Division Family and Consumer Sciences Program



Label Reading References



Please see these websites for more information on label reading:

U.S. Food and Drug Administration - How to Understand and Use the
Nutrition Facts Labels

<http://www.cfsan.fda.gov/~dms/foodlab.html>

Label Reading for Better Eating

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-301a.pdf>

Label Reading

<http://www.diabetes.org.nz/food/readlabels.html>

American Diabetes Association (Reading Food Labels)

http://www.diabetes.org/utills/printthispage.jsp?PageID=FOODLABELS_233229

NDI Foundation – Label Reading Tips . . . How To Find the Hidden Sodium

<http://www.ndif.org/na6.html>

Trans Fat Label Reading Tips

www.foodandhealth.com/trans.pdf

Figuring Out Food Labels

<http://www.kisdhealth.org>

Indiana Department of Education – Label Reading Made Easy

<http://www.doe.state.in.us/htmls.phprint.php>

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. University of Florida offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

West Virginia University Extension Service – Label Lingo: Health Claims
www.wvu.edu/~exten/infores/pubs/wlg123.pdf

Tip sheet: Reading Food Labels
<http://www.nh1bisupport.com/chd1/Tipsheets/reading-labels-tips.htm>

Indiana Department of Education – Label Reading Made Easy
<http://www.dow.state.in.us>

West Virginia University Extension Service – Label Lingo: Health Claims
www.wvu.edu/~exten

Good Nutrition Reading List
http://www.eatright.org/cps/rde/schg/ada/hs.xsl/nutrition_4927_ENU_Print.htm

The NEW Over-The-Counter Medicine Label . . . Take A Look
http://www.pueblo.gsa.gov/cic_text/health/new-otc-label/new-label.htm

Reading Food Labels
<http://www.americanheart.org/presenter.jhtml?identifier=334>



Prepared by:
Broward County Extension Education Division
Brenda Marty-Jimenez, MHM, RD, LD/N
Extension Agent, Family and Consumer Sciences
3245 College Avenue
Davie, FL 33314-7719

Phone: 954-370-3725 ext. 251
Fax: 954-370-3737
bjimenez@broward.org

