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Official websites use .gov A .gov website belongs to an official government organization in the United States. Secure .gov websites use HTTPS A lock ( ) or https:// means you've safely connected to the .gov website. Share sensitive information only on official, secure websites. The Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet. Here are some tips to better understand the information on these labels. Learn what to look for on the label. 1 - Start with the serving information. This tells the size of a single serving and the total number of servings per container. The serving size reflects the amount people typically eat or drink. Notice how many calories are contained in one serving. Compare this to the number of servings you eat. If you eat two servings, you double the calories and nutrients. The next sections on a Nutrition Facts label are about the amounts of specific nutrients in the product. 3 - Limit certain nutrients. Check key nutrients and understand what you're looking for. Focus on the amount of saturated and trans fats rather than the amount of total fats. Not all fats are bad. Avoid trans fat. When the Nutrition Facts label lists "0 g" of trans fat but includes "partially hydrogenated oil" in the ingredient list, it means the food contains some trans fat, but less than 0.5 grams per serving. So, if you eat more than one serving, you could end up eating too much trans fat. Total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat and sodium you eat. Compare labels on different brands or similar products and choose foods with less of these nutrients when possible. 4 - Get enough of the beneficial nutrients. Make sure you get enough of the nutrients your body needs, such as calcium, dietary fiber, iron, potassium and vitamin D.* We all need more dietary fiber to help reduce blood cholesterol levels, provide us with a feeling of fullness and manage a healthy body weight. Adults need at least 25-35 grams of fiber daily for good health. 5 - Understand % Daily Value. The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less). If you want to consume more of a nutrient (such as fiber), choose foods with a higher % DV (20% or more). The information shown on the label is based on a diet of 2,000 calories a day. You may need less or more than 2,000 calories depending upon your age, gender, activity level and whether you're trying to lose, gain or maintain your weight. The U.S. Food and Drug Administration (FDA) regulates the Nutrition Facts label on packaged foods and drinks. In 2016, the FDA released changes to the label to make it easier to see how many calories and added sugars are in a product and to make serving sizes more realistic. As of January 2020, all food manufacturers were required to make these changes on the Nutrition Facts labels on their products. *Source: 2020-2025 Dietary Guidelines for Americans Last Reviewed: Aug 3, 2023 Eat Smart Eat Smart In this section: Nutrition Education Resources & Materials Español (Spanish)In 2016, the U.S. Food and Drug Administration (FDA) updated requirements for the Nutrition Facts label on packaged foods and drinks. FDA required changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This was the first major update to the label in over 20 years. The refreshed design and updated information make it easier for you to make informed food choices that contribute to lifelong healthy eating habits.Learn about What's on the Nutrition Facts Label, including details on calories, serving sizes, added sugars, and more.Education Campaign "The New Nutrition Facts Label: What's in it for You?" education campaign was developed by FDA to raise awareness about the changes to the Nutrition Facts label, increase its use, and help consumers, health care professionals, and educators learn how to use it as a tool for maintaining healthy dietary practices.The education campaign includes outreach through many channels including social media, indoor/outdoor advertising, videos, and consumer-friendly downloadable educational materials.In 2018, FDA announced the Nutrition Innovation Strategy, which sets a strategic course for taking action to reduce preventable death and disease related to poor nutrition. As part of the agency's strategy, this new campaign supports consumer education as a key element of FDA's ongoing public health efforts. PDF (344KB) Interactive LabelGet more details on everything that's listed on the Nutrition Facts label. Visit the Interactive Nutrition Facts Label to explore the label, from top to bottom.This tool provides a detailed look at all the information listed on the Nutrition Facts label, helpful tips for a healthy diet, and downloadable fact sheets to keep and share.Important Information for Specific Groups Get Email Updates Enter your E-mail address to receive the quarterly HFP News for Educators newsletter on food safety, nutrition, and cosmetic safety. Back to Top Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. , the free encyclopedia that anyone can edit. 117,922 active editors 6,999,360 articles in English The first UK Phantom on a test flight in 1968 From 1968 to 1992, the United Kingdom used the McDonnell Douglas F-4 Phantom II as one of its principal combat aircraft. The Phantom was procured to serve in both the Royal Navy's Fleet Air Arm and the Royal Air Force (RAF) in several different roles. Most Phantoms operated by the UK were built as a special batch containing a significant amount of British technology. Two variants were initially built: the F-4K was a carrier-based air-defence interceptor for the Fleet Air Arm, while the F-4M was initially used by the RAF for tactical strike and reconnaissance, before transitioning to an air defence role in the 1970s. In the mid-1980s, a third Phantom variant was obtained when fifteen former US Navy F-4J aircraft were purchased to augment the UK's air defences. Although the Fleet Air Arm ceased using the Phantom in 1978, the RAF retained it until 1992, when it was withdrawn as part of a series of post-Cold War defence cuts. (Full article...) Recently featured: Transportation during the 2024 Summer Olympics and Paralympics Rhine campaign of 1796 Chinese characters Archive By email More featured articles About The aftermath of the Kirkby train crash ... that the train driver in the Kirkby train crash (pictured) was found to have been using his mobile phone before the collision? ... that a tour promoting the EP For Your Validation sold out in ten minutes? ... that Gammarelli, the official tailor of the pope, is one of the oldest family-run businesses in Europe? ... that despite being named in college as the best at his position in the U.S., football player Buster Maddox only appeared in one NFL game? ... that the Doctor Who episode "Lux" is set in Miami, Florida, despite being filmed in Penarth, Wales? ... that Jean-Mohammed Abd-el-Jalil, a Moroccan Franciscan friar, was permitted by the Pope to keep "Muhammad" as his baptismal name? ... that Robert Mugabe's motorcade was known for speeding and killing people? ... that Elizabeth Holtzman's opponent ran an ad saying "maybe I'd like to have her as a daughter, but not as a DA" before her election as the first female Brooklyn District Attorney? ... that fighter pilot Morton D. Magoffin made pilots in his group sprint around an airfield for not saluting him? Archive Start a new article Nominate an article Nicușor Dan Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicușor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Jim Irsay Yury Grigorovich Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Nominate an article May 27 Manchu Prince Dorgon 1644 – Manchu regent Dorgon (depicted) defeated rebel leader Li Zicheng of the Shun dynasty at the Battle of Shanhai Pass, allowing the Manchus to enter and conquer the capital city of Beijing. 1799 – War of the Second Coalition: Austrian forces defeated the French Army of the Danube, capturing the strategically important Swiss town of Winterthur. 1954 – The security clearance of American nuclear physicist J. Robert Oppenheimer, head of Project Y, was revoked. 1967 – Australians voted overwhelmingly to include Indigenous Australians in population counts for constitutional purposes and to allow the federal government to make special laws affecting them in states. 1997 – A destructive F5-rated tornado tracked through a subdivision of homes northwest of Jarrell, Texas, killing 27 people. Diego Ramírez de Arellano (d. 1624)Julia Ward Howe (b. 1819)Cilla Black (b. 1943)Gérard Jean-Juste (d. 2009) More anniversaries: May 26 May 27 May 28 Archive By email List of days of the year About Anemonoides blanda, the Balkan anemone, Grecian windflower, or winter windflower, is a species of flowering plant in the family Ranunculaceae. The species is native to southeast Europe and the Middle East. It grows up to 10 to 15 centimetres (4 to 6 inches) tall and is valued for its daisy-like flowers, which appear in early spring, a time when little else is in flower. The flowers are found in various colors and are radially symmetrical, containing seven or more sepals and petals. This purple A. blanda flower was photographed in Bamberg, Germany. Photograph credit: Reinhold Möller Recently featured: Bluespotted ribbontail ray Black Lives Matter art Germanicus Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Ελληνικά Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe O'zbekcha 50,000+ articles Asturianu Azərbaycanca বাংলা Bosanski کوردی Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių Македонски Norsk nynorsk Shqip Slovenščina தமிழ் اردو Retrieved from " 2 This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources: "1644" – news · newspapers · books · scholar · JSTOR (August 2016) (Learn how and when to remove this message) Calendar year Years Millennium 2nd millennium Centuries 16th century 17th century 18th century Decades 1620s 1630s 1640s 1650s 1660s Years 1641 1642 1643 1644 1645 1646 1647 vte July 1: The Battle of Colberger Heide is fought between Sweden and Denmark-Norway off of the German coast. July 2: Parliament wins control of northern England from King Charles in the Battle of Marston Moor. 1644 by topic Arts and science Architecture Art Literature Music Science Leaders State leaders Colonial governors Religious leaders Birth and death categories Births – Deaths Establishments and disestablishments categories Establishments – Disestablishments Works category Works vte 1644 in various calendarsGregorian calendar1644MDCXLIVAb urbe condita2397Armenian calendar1093ԹՎ ՌՂԳAssyrian calendar6394Balinese saka calendar1565–1566Bengali calendar1050–1051Berber calendar2594English Regnal year19 Cha. 1 – 20 Cha. 1Buddhist calendar2188Burmese calendar1006Byzantine calendar7152–7153Chinese calendar癸未年 (Water Goat)4341 or 4134 — to —甲申年 (Wood Monkey)4342 or 4135Coptic calendar1360–1361Discordian calendar2810Ethiopian calendar1636–1637Hebrew calendar5404–5405Hindu calendars - Vikram Samvat1700–1701 - Shaka Samvat1565–1566 - Kali Yuga4744–4745Holocene calendar11644Igbo calendar644–645Iranian calendar1022–1023Islamic calendar1053–1054Japanese calendarKan'ei 21 / Shōhō 1(正保元年)Javanese calendar1565–1566Julian calendarGregorian minus 10 daysKorean calendar3977Minguo calendar268 before ROC民前268年Nanakshahi calendar176Thai solar calendar2186–2187Tibetan calendar阴水羊年(female Water-Goat)1770 or 1389 or 617 — to —阳木猴年(male Wood-Monkey)1771 or 1390 or 618 1644 (MDCXLIV) was a leap year starting on Friday of the Gregorian calendar and a leap year starting on Monday of the Julian calendar, the 1644th year of the Common Era (CE) and Anno Domini (AD) designations, the 644th year of the 2nd millennium, the 44th year of the 17th century, and the 5th year of the 1640s decade. As of the start of 1644, the Gregorian calendar was 10 days ahead of the Julian calendar, which remained in localized use until 1923. Calendar year It is one of eight years (CE) to contain each Roman numeral once (1000(M)+500(D)+100(C)+(-10(X)+50(L))+(-1(I)+5(V)) = 1644). Kolumna Zygmunta erected. January 22 – The Royalist Oxford Parliament is first assembled by King Charles I of England.[1] January 26 – First English Civil War: Battle of Nantwich – The Parliamentarians defeat the Royalists, allowing them to end the 6-week siege of the Cheshire town.[2] January 30 Dutch explorer Abel Tasman departs from Batavia in the Dutch East Indies (modern-day Jakarta in Indonesia) on his second major expedition for the Dutch East India Company, to map the north coast of Australia. Tasman commands three ships, Limmen, Zeemeeuw and Braek, and returns to Batavia at the beginning of August with no major discoveries. Battle of Ochmatów: Polish–Lithuanian Commonwealth forces under hetman Stanisław Koniecpolski secure a substantial victory over the horde of Crimean Tatars under Tugay Bey. February 5 – The first livestock branding law in America is passed in Connecticut.[3] March 24 – Roger Williams is granted an official grant for his Rhode Island Colony from the Parliament of England, allowing the establishment of a general assembly. April 18 – Opchanacanough leads the Powhatan Indians in an unsuccessful uprising against the English at Jamestown. Although 300 of the English colonists are slain, the settlers pursue Opchanacanough, who is imprisoned in Jamestown for the rest of his life.[4] This is the last such Indian rebellion in the region. April 25 – A popular Chinese rebellion led by Li Zicheng sacks Beijing, prompting Chongzhen, the last emperor of the Ming dynasty, to commit suicide. May 6 – Johan Mauritius resigns as Governor of Brazil.[3] May 25 – Ming general Wu Sangui forms an alliance with the invading Manchus and opens the gates of the Great Wall of China at Shanhaiguan Pass, letting the Manchus through towards the capital Beijing. May 26 – Battle of Montijo: The Kingdom of Portugal is victorious over Habsburg Spain, in the first major action between the two nations during the Portuguese Restoration War. May 27 – Battle of Shanhai Pass: The Manchu Qing dynasty and Wu Sangui gain a decisive victory over Li Zicheng's Shun dynasty. June 3 – Li Zicheng proclaims himself emperor of China. June 6 – The invading Qing army, with the help of Ming general Wu Sangui, captures Beijing in China, marking the beginning of Manchu rule over China proper. June 11 – During the English Civil War, Prince Rupert and his men take Liverpool Castle.[5] Liverpool is later reclaimed by Sir John Moore. July 1 – Torstenson War: Battle of Colberger Heide – The Dano-Norwegian and Swedish fleets fight a naval battle off the coast of Schleswig-Holstein. The battle is indecisive but represents a minor success for the Dano-Norwegian fleet. July 2 – English Civil War: Battle of Marston Moor – The Parliamentarians crush the Royalists in Yorkshire, ending Charles I's hold on the north of England.[6] September 1 – English Civil War: Battle of Tippermuir – Montrose defeats Lord Elcho's Covenanters, reviving the Royalist cause in Scotland. September 2 – English Civil War: Second Battle of Lostwithiel (in Cornwall) – Charles I and the Royalists gain their last major victory.[7] September 15 – Pope Innocent X succeeds Pope Urban VIII, becoming the 236th pope.[8] October 1 – The Jews of Mogilev, Polish–Lithuanian Commonwealth, are attacked during Tashlikh. November 8 – The Shunzhi Emperor, the second emperor of the Qing dynasty, is enthroned in Beijing after the collapse of the Ming dynasty as the first Qing emperor to rule over China proper. November 23 Battle of Jüterbog (December 3 New Style): Sweden's forces defeat those of the Holy Roman Empire. Areopagitica, an appeal for freedom of speech written by John Milton, is published in London. November – The Castle of Elvas in Portugal resists a 9-day siege by the Spanish during the Portuguese Restoration War. December 8 (December 18 New Style) – As Christina comes of age, she is made ruling queen of Sweden. December – Bubonic plague breaks out in Edinburgh (Scotland). A Spanish officer is murdered in St. Dominic's Church, Macau during mass by colonists loyal to Portugal during the Portuguese Restoration War. Sigismund's Column is erected in Warsaw to commemorate King Sigismund III Vasa, who moved the capital of Poland from Kraków to Warsaw in 1596. Philosopher René Descartes publishes Principia Philosophiae (Principles of Philosophy) in Amsterdam. The opera Ormindo is first performed in Venice (music by Francesco Cavalli, and libretto by Giovanni Faustini). The West India Company[which?] displays greater interest in profit than in colonization.[vague] Thomas Britton Veit Hans Schnorr von Carolsfeld Otto Mencke Henry Winstanley Henrietta of England January 9 – Robert Gibbes, English-born landgrave in South Carolina (d. 1715) January 10 Louis François, duc de Boufflers, Marshal of France (d. 1711) Celestino Sfondrati, Italian Catholic cardinal (d. 1696) January 11 – Hayashi Hōkō, Japanese philosopher (d. 1732) January 14 – Thomas Britton, English concert promoter (d. 1714) January 18 – John Partridge, English astrologer (d. 1708) January 23 – Jonas Budde, Norwegian army officer (d. 1710) January 25 – Antoine Thomas, Jesuit missionary priest and astronomer (d. 1709)[9] January 26 – Thomas Boylston, American colonial doctor (d. 1695) February 2 Isaac Chayyim Cantarini, Italian rabbi (d. 1723) Johannes Hancke, German writer (d. 1713) February 7 – Nils Bielke, member of the High Council of Sweden (d. 1716) February 8 – Pierre de La Broue, American bishop (d. 1720) February 12 – Jakob Ammann, Swiss founder of the Amish sect (d. 1712) February 24 – Maria Elisabeth Lämmerhirt, German mother of Johann Sebastian Bach (d. 1694) March 1 – Simon Foucher, French polemicist (d. 1696) March 15 – Veit Hans Schnorr von Carolsfeld, German iron and cobalt magnate (d. 1715) March 21 – Sir Walter Bagot, 3rd Baronet, English politician (d. 1704) March 22 Otto Mencke, German philosopher and scientist (d. 1707) Sir James Rushout, 1st Baronet, English politician (d. 1698) March 25 – Heinrich von Cocceji, German jurist from Bremen (d. 1719) March 31 – Henry Winstanley, English engineer (d. 1703) April 6 – António Luís de Sousa, 2nd Marquis of Minas, Portuguese general, governor-general of Brazil (d. 1721) April 7 Nathaniel Johnson, American politician (d. 1713) François de Neufville, duc de Villeroy, French soldier (d. 1730) April 11 – Marie Jeanne Baptiste of Savoy-Nemours, Duchess of Savoy (d. 1724) April 17 – Abraham Storck, Dutch painter (d. 1708) April 21 – Conrad von Reventlow, Danish statesman, first Grand Chancellor of Denmark (d. 1708) May 2 – Robert Cotton, English politician (d. 1717) May 4 – Juan Caballero y Ocio, Spanish priest remarkable for lavish gifts to the Catholic Church and charity (d. 1707) May 5 – Sir Richard Newdigate, 2nd Baronet, English landowner (d. 1710) May 26 – Michael Ettmüller, German physician (d. 1683) June 2 – William Salmon, English medical writer (d. 1713) June 7 – Johann Christoph Volkamer, German botanist (d. 1720) June 16 – Henrietta Anne Stuart, Princess of Scotland, England and Ireland and Duchess of Orléans (d. 1670)[10] June 17 – Johann Wolfgang Franck, German baroque composer (d. 1710) July 2 – Abraham a Sancta Clara, German Augustinian friar (d. 1709) July 4 – Josceline Percy, 11th Earl of Northumberland, English noble (d. 1670) July 7 – Joan Geelvinck, Dutch politician (d. 1707) July 10 – Miguel Bayot, Spanish Catholic prelate, Bishop of Cebu (from 1697) (d. 1700) July 22 – Peter Drelincourt, Irish chaplain (d. 1722) August 6 Christian Ernst, Margrave of Brandenburg-Bayreuth (1655–1712) (d. 1712) Louise de La Vallière, French mistress of Louis XIV of France (d. 1710)[11] August 12 – Heinrich Ignaz Franz Biber, Bohemian composer and violinist (d. 1704) August 28 (bapt.) – Gilles Schey, Dutch admiral (d. 1703) August 29 – Anne Bourdon, nun in New France (d. 1711) August 30 – Thomas Tufton, 6th Earl of Thanet, English politician (d. 1729) September 3 – Richard Newport, 2nd Earl of Bradford, English politician (d. 1723) September 6 – Juan Bautista Cabanilles, Spanish composer (d. 1712) September 11 – Jacob Rotius, Dutch painter (d. 1681) September 22 – Jacques Échard, French Dominican, historian of the Order (d. 1724) September 25 – Ole Rømer, Danish astronomer (d. 1710) October 1 – Jean Rousseau, French viol player (d. 1699) October 2 – François-Timoléon de Choisy, French abbé, author and cross-dresser (d. 1724) October 3 – Adriaen Frans Boudewijns, landscape painter (d. 1719) October 12 – Christopher Sandius, Dutch Arian writer (d. 1680) October 13 – Sipihr Shikoh, Mughal Emperor (d. 1708) October 14 – William Penn, English Quaker and founder of Pennsylvania (d. 1718) October 26 – Mathias Steuchius, Swedish archbishop (d. 1730) November 23 (bapt.) – Cornelia van der Gon, Dutch art collector (d. 1701) December 8 – Maria d'Este, Italian noble (d. 1684) December 9 – Robert Kirk, Scottish folklorist, Bible translator, Gaelic scholar (d. 1692) December 23 – Tomás de Torrejón y Velasco, Spanish composer, musician and organist (d. 1728) December 25 – Walter Scott, Earl of Tarras, Scottish nobleman (d. 1693) December 29 – Philips van Almonde, Dutch Lieutenant Admiral (d. 1711) Matsuo Bashō, Japanese poet (d. 1694) Pietro Erardi, Maltese chaplain and painter (d. 1727)[12] Antonio Stradivari, Italian violin maker (d. 1737)[13] Pope Urban VIII Johannes Wtenbogaert January 20 – Stefano Amadei, Italian painter (b. 1580) January 30 – William Chillingworth, controversial English churchman (b. 1602) January 31 – Georg II of Fleckenstein-Dagstuhl, German nobleman (b. 1588) February 28 – Guru Har Gobind, the Sixth Sikh Guru (b. 1595) March 15 – Countess Louise Juliana of Nassau, Regent of Bohemia (b. 1576) March 24 – Cecilia Renata of Austria, Queen of Poland (b. 1611) March 29 – Lord John Stewart, Scottish aristocrat, Royalist commander in the English Civil War (b. 1621) April 2 – Diego Salcedo, Spanish bishop (b. 1575) April 10 – Reverend William Brewster, English Pilgrim leader (b. 1567) April 25 – Chongzhen, last Ming Emperor of China (suicide) (b. 1611) April 28 – Zsófia Bosnyák, Hungarian noblewoman (b. 1609) May 26 – Alfonso III d'Este, Duke of Modena, Italian noble (b. 1591) June 17 Anne de Montafié, Countess of Clermont-en-Beauvaisis, French countess (b. 1577) John of St. Thomas, Portuguese philosopher (b. 1589) July 4 – Brian Twyne, English archivist (b. 1581) July 7 – Hedwig of Hesse-Kassel, countess consort of Schaumburg (b. 1569) July 16 – Giovanni Biliverti, Italian painter (b. 1585) July 25 – Amar Singh Rathore, Rajput nobleman affiliated with the royal house of Marwar (b. 1613) July 29 – Pope Urban VIII (b. 1568)[14] August 25 – Johann Heinrich Alting, German Lutheran theologian (b. 1583) September 4 – Johannes Wtenbogaert, Dutch leader of the Remonstrants (b. 1557) September 7 Guido Bentivoglio, Italian statesman and historian (b. 1579)[15] Ralph Corbie, Irish Jesuit (b. 1598) September 8 John Coke, English politician (b. 1563)[16] Francis Quarles, English poet (b. 1592)[17] October 6 – Elisabeth of France, queen of Philip IV of Spain (b. 1602) October 19 – Johann Friedrich, Count Palatine of Sulzbach-Hilpoltstein (b. 1587) October 30 – Jorge de Cárdenas y Manrique de Lara, Spanish noble (b. 1584) November 6 – Thomas Roe, English diplomat (b. c. 1581) November 10 – Luis Vélez de Guevara, Spanish writer (b. 1579) November 20 – Nathaniel Foote, American colonist (b. 1592) November 24 – Deodat del Monte, Flemish painter, architect (b. 1582) December 20 – Albert IV, Duke of Saxe-Eisenach (from 1640) (b. 1599) December 23 – Sir Alexander Carew, 2nd Baronet, English politician (b. 1609) December 28 – John Bankes, Attorney General and Chief Justice to King Charles I of England (b. 1589) December 30 – Jan Baptist van Helmont, Flemish chemist (b. 1577) ^ Braddick, Michael J. (2015). The Oxford handbook of the English revolution. Oxford, UK; New York: Oxford University Press. p. 103. ISBN 9780199695898. ^ Coward, Barry (1994). The Stuart age: England, 1603-1714. London New York: Longman. p. 223. ISBN 9780582067226. ^ a b "What Happened In 1644". hisdates.com. Retrieved March 3, 2016. ^ Edward S. Ellis, et al., The People's History of the World; Including Two Volumes on the Races of Mankind, Volume 5: United States (Chicago: The History Publishing Association, 1902) p. 127 ("The second outbreak occurred April 18th, 1644... Opechankano was taken prisoner, and died in Jamestown while a captive") ^ "Rupert, Prince", by Charles Harding Firth, in The Dictionary of National Biography, Volume 17 (Oxford University Press, 1922) p. 408 ("Rupert returned to Wales.. Defeating the parliamentarians at Stockport, he forced his way into Lancashire, stormed Bolton on 28 May, and captured Liverpool on 11 June", quoting Ormerod, Civil War Tracts of Lancashire, p. 187) ^ Levene, Mark (1999). The massacre in history. New York: Berghahn Books. p. 93. ISBN 9781571819345. ^ Jeremy Black (1996). The Cambridge Illustrated Atlas of Warfare: Renaissance to Revolution, 1492-1792. Cambridge University Press. p. 80. ^ Levillain, Philippe (2002). The papacy : an encyclopedia. New York: Routledge. p. 801. ISBN 9780415922289. ^ Walle, Willy (2003). The history of the relations between the Low Countries and China in the Qing era (1644-1911. Leuven, Belgium: Leuven University Press Ferdinand Verbiest Foundation. p. 90. ISBN 9789058673152. ^ Lowther, Kenneth (1979). Dartmoor, Exeter... London: Ward Lock. p. 35. ISBN 9780706357929. ^ Dumas, Alexandre (1998). The Vicomte de Bragelonne. Oxford New York: Oxford University Press. p. 674. 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Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources: "16th century" – news · newspapers · books · scholar · JSTOR (September 2022) (Learn how and when to remove this message) Millennia 2nd millennium Centuries 15th century 16th century 17th century Timelines 15th century 16th century 17th century State leaders 15th century 16th century 17th century Decades 1500s 1510s 1520s 1530s 1540s 1550s 1560s 1570s 1580s 1590s Categories: Births – Deaths Establishments – Disestablishments vte The world map by the Italian Amerigo Vespucci (from whose name the word America is derived) and Belgian Gerardus Mercator shows (besides the classical continents Europe, Africa, and Asia) the Americas as America sive India Nova', New Guinea, and other islands of Southeast Asia, as well as a hypothetical Arctic continent and a yet undetermined Terra Australis.[1]The 16th century began with the Julian year 1501 (represented by the Roman numerals MDI) and ended with either the Julian or the Gregorian year 1600 (MDC), depending on the reckoning used (the Gregorian calendar introduced a lapse of 10 days in October 1582).[1] The Renaissance in Italy and Europe saw the emergence of important artists, authors and scientists, and led to the foundation of important subjects which include accounting and political science. Copernicus proposed the heliocentric universe, which was met with strong resistance, and Tycho Brahe refuted the theory of celestial spheres through observational measurement of the 1572 appearance of a Milky Way supernova. These events directly challenged the long-held notion of an immutable universe supported by Ptolemy and Aristotle, and led to major revolutions in astronomy and science. Galileo Galilei became a champion of the new sciences, invented the first thermometer and made substantial contributions in the fields of physics and astronomy, becoming a major figure in the Scientific Revolution in Europe. Spain and Portugal colonized large parts of Central and South America, followed by France and England in Northern America and the Lesser Antilles. The Portuguese became the masters of trade between Brazil, the coasts of Africa, and their possessions in the Indies, whereas the Spanish came to dominate the Greater Antilles, Mexico, Peru, and opened trade across the Pacific Ocean, linking the Americas with the Indies. English and French privateers began to practice persistent theft of Spanish and Portuguese treasures. This era of colonialism established mercantilism as the leading school of economic thought, where the economic system was viewed as a zero-sum game in which any gain by one party required a loss by another. The mercantilist doctrine encouraged the many intra-European wars of the period and arguably fueled European expansion and imperialism throughout the world until the 19th century or early 20th century. The Reformation in central and northern Europe gave a major blow to the authority of the papacy and the Catholic Church. In England, the British-Italian Alberico Gentili wrote the first book on public international law and divided secularism from canon law and Catholic theology. European politics became dominated by religious conflicts, with the groundwork for the epochal Thirty Years' War being laid towards the end of the century. In the Middle East, the Ottoman Empire continued to expand, with the sultan taking the title of caliph, while dealing with a resurgent Persia. Iran and Iraq were caught by a major popularity of the Shia sect of Islam under the rule of the Safavid dynasty of warrior-mystics, providing grounds for a Persia independent of the majority-Sunni Muslim world.[2] In the Indian subcontinent, following the defeat of the Delhi Sultanate and Vijayanagara Empire, new powers emerged, the Sur Empire founded by Sher Shah Suri, Deccan sultanates, Rajput states, and the Mughal Empire[3] by Emperor Babur, a direct descendant of Timur and Genghis Khan.[4] His successors Humayun and Akbar, enlarged the empire to include most of South Asia. Japan suffered a severe civil war at this time, known as the Sengoku period, and emerged from it as a unified nation under Toyotomi Hideyoshi. China was ruled by the Ming dynasty, which was becoming increasingly isolationist, coming into conflict with Japan over the control of Korea as well as Japanese pirates. In Africa, Christianity had begun to spread in Central Africa and Southern Africa. Until the Scramble for Africa in the late 19th century, most of Africa was left uncolonized. For timelines of earlier events, see 15th century and Timeline of the Middle Ages. Mona Lisa, by Leonardo da Vinci, c. 1503–1506, one of the world's best-known paintings 1501: Michelangelo returns to his native Florence to begin work on the statue David. 1501: Safavid dynasty reunifies Iran and rules over it until 1736. Safavids adopt a Shia branch of Islam.[5] 1501: First Battle of Cannanore between the Third Portuguese Armada and Kingdom of Cochin under João da Nova and Zamorin of Kozhikode's navy marks the beginning of Portuguese conflicts in the Indian Ocean. 1502: First reported African slaves in the New World 1502: The Crimean Khanate sacks Sarai in the Golden Horde, ending its existence. 1503: Spain defeats France at the Battle of Cerignola. Considered to be the first battle in history won by gunpowder small arms. 1503: Leonardo da Vinci begins painting the Mona Lisa and completes it three years later. 1503: Nostradamus is born on either December 14 or December 21. 1504: A period of drought, with famine in all of Spain. 1504: Death of Isabella I of Castile; Joanna of Castile becomes the Queen. 1504: Foundation of the Sultanate of Sennar by Amara Dunqas, in what is modern Sudan 1505: Zhengde Emperor ascends the throne of Ming dynasty. 1505: Martin Luther enters St. Augustine's Monastery at Erfurt, Germany, on 17 July and begins his journey to instigating the Reformation. 1505: Sultan Trenggono builds the first Muslim kingdom in Java, called Demak, in Indonesia. Many other small kingdoms were established in other islands to fight against Portuguese. Each kingdom introduced local language as a way of communication and unity. 1506: Leonardo da Vinci completes the Mona Lisa. 1506: King Afonso I of Kongo wins the battle of Mbanza Kongo, resulting in Catholicism becoming Kongo's state religion.Battle of Cerignola: El Gran Capitan finds the corpse of Louis d'Armagnac, Duke of Nemours 1506: At least two thousand converted Jews are massacred in a Lisbon riot, Portugal. 1506: Christopher Columbus dies in Valladolid, Spain. 1506: Poland is invaded by Tatars from the Crimean Khanate. 1507: The first recorded epidemic of smallpox in the New World on the island of Hispaniola. It devastates the native Taíno population.[6] 1507: Afonso de Albuquerque conquered Hormuz and Muscat, among other bases in the Persian Gulf, taking control of the region at the entrance of the Gulf. 1508: The Christian-Islamic power struggle in Europe and West Asia spills over into the Indian Ocean as Battle of Chaul during the Portuguese-Mamluk War 1508–1512: Michelangelo paints the Sistine Chapel ceiling. 1509: The defeat of joint fleet of the Sultan of Gujarat, the Mamlûk Burji Sultanate of Egypt, and the Zamorin of Calicut with support of the Republic of Venice and the Ottoman Empire in Battle of Diu marks the beginning of Portuguese dominance of the Spice trade and the Indian Ocean. 1509: The Portuguese king sends Diogo Lopes de Sequeira to find Malacca, the eastern terminus of Asian trade. After initially receiving Sequeira, Sultan Mahmud Shah captures and/or kills several of his men and attempts an assault on the four Portuguese ships, which escape.[7] The Javanese fleet is also destroyed in Malacca. 1509: Krishnadevaraya ascends the throne of Vijayanagara Empire. Afonso de Albuquerque 1509–1510: The 'great plague' in various parts of Tudor England.[8] 1510: Afonso de Albuquerque of Portugal conquers Goa in India. 1511: Afonso de Albuquerque of Portugal conquers Malacca, the capital of the Sultanate of Malacca in present-day Malaysia. 1512: Copernicus writes Commentariolus, and proclaims the Sun the center of the Solar System. 1512: The southern part (historical core) of the Kingdom of Navarre is invaded by Castile and Aragon. 1512: Qutb Shahi dynasty, founded by Quli Qutb Mulk, rules Golconda Sultanate until 1687. 1512: The first Portuguese exploratory expedition was sent eastward from Malacca (in present-day Malaysia) to search for the 'Spice Islands' (Maluku) led by Francisco Serrão. Serrão is shipwrecked but struggles on to Hitu (northern Ambon) and wins the favour of the local rulers.[9] 1513: Machiavelli writes The Prince, a treatise about political philosophy 1513: The Portuguese mariner Jorge Álvares lands at Macau, China, during the Ming dynasty. 1513: Henry VIII defeats the French at the Battle of the Spurs. 1513: The Battle of Flodden Field in which invading Scots are defeated by Henry VIII's forces. 1513: Sultan Selim I ("The Grim") orders the massacre of Shia Muslims in Anatolia (present-day Turkey). 1513: Vasco Núñez de Balboa, in service of Spain arrives at the Pacific Ocean (which he called Mar del Sur) across the Isthmus of Panama. He was the first European to do so. 1514: The Battle of Orsha halts Muscovy's expansion into Eastern Europe. 1514: Dózsa rebellion (peasant revolt) in Hungary.Martin Luther initiated the Reformation with his Ninety-five Theses in 1517. 1514: The Battle of Chaldiran, the Ottoman Empire gains decisive victory against Safavid dynasty. 1515: Ascension of Francis I of France as King of France following the death of Louis XII. 1515: The Ottoman Empire wrests Eastern Anatolia from the Safavids after the Battle of Chaldiran. 1515: The Ottomans conquer the last beyliks of Anatolia, the Dulkadirs and the Ramadanids. 1516–1517: The Ottomans defeat the Mamluks and gain control of Egypt, Arabia, and the Levant. 1517: The Swe

period. 1600: The Portuguese win a major naval battle in the bay of Ambon.[19] Later in the year, the Dutch join forces with the local Hituese in an anti-Portuguese alliance, in return for which the Dutch would have the sole right to purchase spices from Hitu.[19] 1600: Elizabeth I grants a charter to the British East India Company beginning the English advance in Asia. 1600: Michael the Brave unifies the three principalities: Wallachia, Moldavia and Transylvania after the Battle of Șelimbăr from 1599. For later events, see Timeline of the 17th century. Polybius' The Histories translated into Italian, English, German and French.[20] Mississippian culture disappears. Medallion rug, variant Star Ushak style, Anatolia (modern Turkey), is made. It is now kept at the Saint Louis Art Museum. Hernan Cortes (1485–1547) Henry VIII, (1491–1547) King of England and Ireland Don Fernando Álvarez de Toledo (1507–1582) Suleiman the Magnificent, Sultan of the Ottoman Empire (1520–1566) Ivan IV the Terrible (1530–1584) Oda Nobunaga (1534–1582) Sir Francis Drake (c. 1540 – 1596) Alberico Gentili, (1552–1608) the Father of international law Philip II of Spain, King of Spain (1556–1598) Akbar the Great, Mughal emperor (1556–1605) Related article: List of 16th century inventions. The Columbian Exchange introduces many plants, animals and diseases to the Old and New Worlds. Introduction of the spinning wheel revolutionizes textile production in Europe. The letter J is introduced into the English alphabet. 1500: First portable watch is created by Peter Henlein of Germany.The Iberian Union in 1598, under Philip II, King of Spain and Portugal 1513: Juan Ponce de León sights Florida and Vasco Núñez de Balboa sights the eastern edge of the Pacific Ocean. 1519–1522: Ferdinand Magellan and Juan Sebastián Elcano lead the first circumnavigation of the world. 1519–1540: In America, Hernando de Soto expeditions map the Gulf of Mexico coastline and bays. 1525: Modern square root symbol (√) 1540: Francisco Vásquez de Coronado sights the Grand Canyon. 1541–42: Francisco de Orellana sails the length of the Amazon River. 1542–43: Firearms are introduced into Japan by the Portuguese. 1543: Copernicus publishes his theory that the Earth and the other planets revolve around the Sun 1545: Theory of complex numbers is first developed by Gerolamo Cardano of Italy. 1558: Camera obscura is first used in Europe by Giambattista della Porta of Italy. 1559–1562: Spanish settlements in Alabama/Florida and Georgia confirm dangers of hurricanes and local native warring tribes. 1565: Spanish settlers outside New Spain (Mexico) colonize Florida's coastline at St. Augustine. 1565: Invention of the graphite pencil (in a wooden holder) by Conrad Gesner. Modernized in 1812. 1568: Gerardus Mercator creates the first Mercator projection map. 1572: Supernova SN 1572 is observed by Tycho Brahe in the Milky Way. 1582: Gregorian calendar is introduced in Europe by Pope Gregory XIII and adopted by Catholic countries. c. 1583: Galileo Galilei of Pisa, Italy identifies the constant swing of a pendulum, leading to development of reliable timekeepers. 1585: earliest known reference to the 'sailing carriage' in China. 1589: William Lee invents the stocking frame. 1591: First flush toilet is introduced by Sir John Harrington of England, the design published under the title 'The Metamorphosis of Ajax'. 1593: Galileo Galilei invents a thermometer. 1596: William Barents discovers Spitsbergen. 1597: Opera in Florence by Jacopo Peri. Entertainment in the 16th century ^ a b Modern reference works on the period tend to follow the introduction of the Gregorian calendar for the sake of clarity; thus NASA's lunar eclipse catalogue states "The Gregorian calendar is used for all dates from 1582 Oct 15 onwards. Before that date, the Julian calendar is used." For dates after 15 October 1582, care must be taken to avoid confusion of the two styles. ^ de Vries, Jan (14 September 2009). "The limits of globalization in the early modern world". The Economic History Review. 63 (3): 710–733. CiteSeerX 10.1.1.186.2862. doi:10.1111/j.1468-0289.2009.00497.x. JSTOR 40929823. S2CID 219969360. SSRN 1635517. ^ Singh, Sarina; Lindsay Brown; Paul Clammer; Rodney Cocks; John Mock (2008). Pakistan & the Karakoram Highway. Vol. 7, illustrated. Lonely Planet. p. 137. ISBN 978-1-74104-542-0. Retrieved 23 August 2010. ^ Babur (2006). Babur Nama. Penguin Books. p. vii. 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An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online free Media related to 16th century at Wikimedia Commons Timelines of 16th century events, science, culture and persons Retrieved from " 4 The following pages link to 16th century External tools (link count transclusion count sorted list) · See help page for transcluding these entries Showing 50 items. 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These labels offer crucial information on ingredients, calories, macronutrients, and micronutrients. Ultimately, this knowledge can help lead to long-term health benefits and increased confidence in dietary choices, supporting clients in achieving their goals.Nutrition facts are detailed information provided on food labels that indicate the nutritional content of a product. They typically include data on serving size, calories, macronutrients (such as fats, proteins, and carbohydrates), and the percent daily values of various vitamins and minerals, helping consumers make informed dietary choices.Nutrition facts originate from the nutritional analysis of food products conducted by manufacturers or regulatory agencies. In many countries, food companies are required by law to provide this information based on standardized serving sizes and specific nutrient content. The data is typically derived from laboratory testing, food composition databases, or established guidelines from health organizations.Food labels and nutrition facts can vary slightly depending on the country, but the differences are generally minimal. In this article, we will use a US food label as an example. You can compare it with your local labels.While there may be some variations, this guide will help you educate clients on how to read nutrition facts effectively.For example, in the United States, food packaging typically provides nutrition information based on a defined serving size. In contrast, UK food labels display nutritional values per serving and per 100 grams.The serving size is the amount of food that is typically consumed in one sitting. It serves as a reference point for the nutritional information listed on the label. Reading nutrition facts on food labels includes knowing the difference between servings per container and serving size.Some individuals may find this section confusing. The main principles are as follows:Servings per container – the total amount of servings in a container. Example: Number of servings in a whole tub of yogurt, block of cheese, jar of peanut butter, or bar of chocolate.Serving size – The specific amount of food or drink considered to be one serving. Serving size helps you understand how many calories and nutrients you'll be getting from that amount of food.However, it is not a recommendation of how much to eat. It is typically expressed in common measurements such as cups, ounces, pieces, or grams.Example: 1 cup of cereal, 2/3 cup of yogurt, 1 slice of bread, 2 tablespoons of peanut butter, or 2 pieces of chocolateServing size and portion size are two related but different concepts when it comes to food.Serving Size: The amount of food that the nutrition label recommends you consume. It is a standardized measurement that helps you understand how many calories and nutrients are in that specific quantity of food. Serving sizes are usually based on what people typically eat, and they help guide you in making healthier choices.Portion Size: The actual amount of food you decide to eat in one sitting, which may be different from the serving size indicated on the label. Portion sizes can vary widely from person to person and can be larger or smaller than the serving size indicated on the label.Example:Imagine a box of cereal that states a serving size of 1 cup (about 30 grams). If you pour 2 cups (60 grams) into your bowl, your portion size is 2 cups, which is double the serving size. This means you will get double the calories and nutrients listed on the label.This section displays the total energy provided by one serving of the food based on the serving size indicated on the food label. Depending on the country you are in, calories may be expressed in kilocalories (kcal) or kilojoules (kJ).The Nutrition Facts panel provides the total grams of macronutrients per serving, which include:Fats: includes total fat and specific types such as saturated and trans fats.Carbohydrates: includes total carbohydrates, total sugars, and dietary fiber.ProteinMicronutrients are essential vitamins and minerals that are crucial for maintaining overall health despite being required in smaller quantities compared to macronutrients. On a food label, micronutrients typically include:Vitamins: Commonly listed vitamins may include Vitamins A, C, D, E, and certain B vitamins (such as B6 and B12).Minerals: Key minerals included on food labels are often calcium, iron, potassium, and magnesium.In the United States, only vitamin D and potassium are required on the label.The Percent Daily Value helps consumers understand how much a nutrient in a serving of food contributes to their daily diet, making it easier to identify whether the food has high or low amounts of specific nutrients.Clients should aim to balance their intake by selecting foods low in added sugars and saturated fats. They should also choose foods high in fiber, vitamins, and minerals. Understanding %DV can guide healthier food choices and promote overall wellness.This information is especially useful for clients with health conditions like hypertension, where it's recommended to lower sodium and saturated fat intake. For example, when looking at the Percent Daily Value (%DV) on a food label, clients should aim for products with less than 5% DV for sodium and saturated fats to help manage their health effectively.Another example relates to clients trying to improve their dietary fiber intake. The %DV for fiber should ideally be 20% or higher.Aside from the nutrition facts, understanding the ingredient lists is also essential for reading food labels. This offers insights into food quality and informs clients about what is in a specific food product. Teaching clients how to read ingredient lists enables them to understand what the food item is mainly made of and to identify ultra-processed foods and allergens.This encourages clients to choose minimally processed ingredients, leading to healthier eating habits and improved overall nutrition.Ingredients are listed in descending order by weight, meaning the first few items comprise the majority of the product. When advising clients, it is vital to highlight the value of checking the main ingredients. Ideally, they should consider whole, minimally processed foods like vegetables, whole grains, and proteins as key components.If sugar, refined grains, or lengthy chemical names dominate the top of the list, encourage them to consider alternative options that prioritize quality.Ultra-processed foods contain additives, preservatives, and artificial flavors, which some individuals might want to avoid if they are trying to improve their food choices and overall health. They typically have high levels of saturated fat, sodium, and sugar, which are associated with adverse health effects.As nutrition professionals, it's important to educate clients on identifying these components and suggest alternatives if necessary.Moreover, numerous clients may have particular food allergies or intolerances. It's essential to inform them about typical allergens like wheat, dairy, peanuts, and soy, which can often be hidden under unfamiliar names or ingredient listings. Highlighting this information empowers clients to make safer and more confident food selections.Wheat – gluten, semolina, durum, triticale, spelt, couscous, maltDairy – casein, whey, lactose, ghee, cream, butterfat, custard powder, rennetPeanuts – Arachis oil (highly refined peanut oil), artificial nuts, beer nuts, peanut oil, Mandelonas, mixed nuts, monkey nuts, nut meal, nut pieces, peanut butter, peanut flour, peanut protein hydrolysateSoy – textured vegetable protein (TVP), soy protein isolate, hydrolyzed soy protein, lecithin, edamame, miso, tofu, soybean oil, soy sauce, tamari, natto, tempehNutrition information is commonly available for both packaged foods and recipes, but many clients struggle to understand their actual nutrient intake due to the way serving sizes are presented.Recipes typically indicate the total number of servings they yield, which is often more than one, while providing nutritional information for each individual serving. This approach is meant to make it easier to track food consumption. However, it can sometimes cause confusion about the actual nutritional value of the foods being prepared and consumed.It's important to communicate these differences to your clients to prevent overeating.For instance, the recipe provided makes four servings, but you've recommended that your client prepare only one serving for dinner based on their needs and goals. If they decide to cook the entire recipe, they will end up with four times the calories and nutrients listed, which can lead to unintentional overconsumption.If the client lives alone and doesn't meal prep, the easiest way to prepare a recipe for one serving instead of four is to divide the ingredients by four.However, if you need to convert more complex serving sizes to recommended servings, we've created a simple spreadsheet to help you calculate the ingredient amounts into one or two servings. You can download it below.NutriAdmin-Recipe-Ingredients-Automatic-CalculationDownloadIf you like the sample recipe from the NutriAdmin database above, feel free to download the full recipe PDF below. It comes with a nutrition analysis of the recipe, including micronutrients. You can use this to teach your clients how to read nutrition facts in recipes.Mediterranean Baked SalmonDownloadNot every nutrition professional offers meal plans or suggests carefully chosen recipes to clients. Here are some tips to help clients learn how to read nutrition facts in recipes and make healthier food choices.Note the serving size specified in the recipe. Assess whether you plan to eat more or less than this portion and adjust the nutritional information accordingly. For instance, if a recipe yields four servings and you eat two servings, you'd need to double the nutritional values.Evaluate the Calorie ContentCheck the total calories per serving of the recipe and compare it to your daily calorie goals or dietary plan. If the recipe has more calories than you'd like, think about modifying the ingredients to lower the calorie count. This is important if you're on a calorie deficit or aiming for a specific daily calorie intake. Keeping track helps you stay on course with your goals.While not always listed, consider what vitamins and minerals the ingredients in the recipe might provide. If the recipe includes a variety of colorful vegetables, it's likely nutrient-rich. For greater micronutrient content, focus on whole foods.Don't hesitate to modify recipes to meet your dietary needs better. For example, reducing added sugars or swapping out unhealthy fats for healthier options can improve nutritional quality. If you make significant changes, it's best to recalculate the nutritional information using a nutrition calculator or app.Identify any common allergens or problematic ingredients in the recipe. If modifications are necessary, such as gluten-free or dairy-free alternatives, adjust the recipe and review how these changes may impact nutritional values. What is in nutrition facts?Nutrition facts include serving size, calories, macronutrients (fat, carbohydrates, protein), % Daily Value (%DV) for key nutrients, and a list of ingredients in order of quantity. This information helps consumers make informed food choices. Why is it important to read nutrition facts?Reading nutrition facts helps make informed food choices to reach health and fitness goals. The information provides crucial details about ingredients, calories, and nutrients, allowing you to select foods that match your dietary needs and support long-term health benefits. How do you read nutrition information?Start by checking the serving size, then look at calories per serving. Next, review macronutrients (fats, carbohydrates, protein) and micronutrients (vitamins and minerals). Finally, use the Percent Daily Value to understand how the food fits into your daily diet. What's the difference between serving size and portion size?Serving size is the standardized amount recommended on the nutrition label, while portion size is the actual amount you choose to eat. For example, if you eat two cups of cereal when the serving size is one cup, your portion is double the serving. 6 mins to read. Did you know that about 70-80% of the immune system resides in the gut? This just shows how interconnected our gut… 6 mins to read. Fiber supports gut health by promoting regular bowel movements and encouraging the growth of beneficial gut bacteria. 8 mins to read. Understand common nutrient deficiencies and explore ways to prevent and address them by recognizing foods that contain important vitamins and minerals. 5 mins to read. Explore the concept of superfoods: what they are, the top 10 superfoods, their benefits compared to marketing claims, and evaluate whether…