NUTRITION FACTS LABEL

How to Read Food Labels

Food labels can help you choose the best for your health.
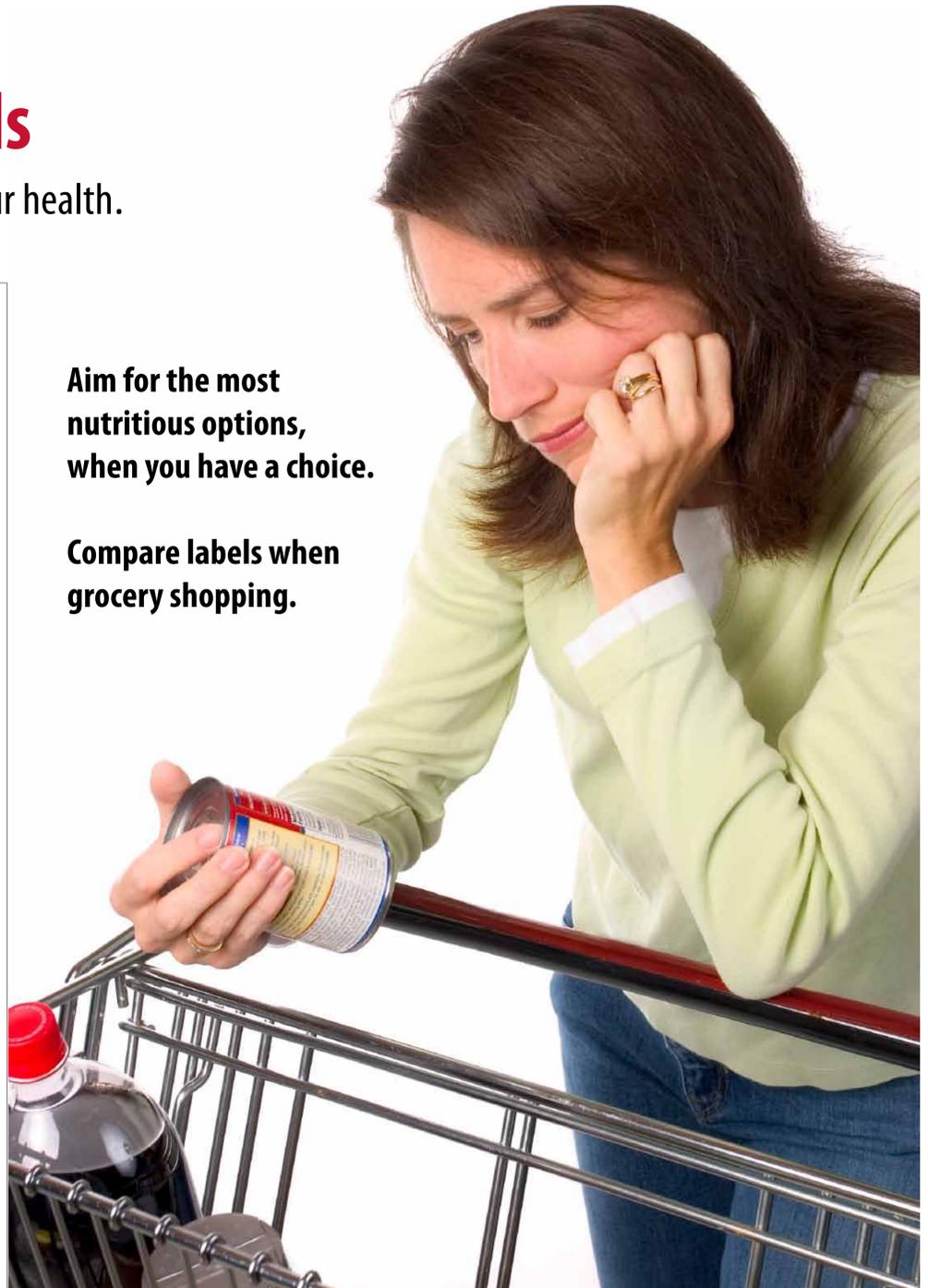
Example of a Food Label

Nutrition Facts

Serving Size 1 cup (228g)	
Servings per Container 2	

Amount Per Serving

Calories 250	Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Monosaturated 6g	
Polyunsaturated 1.5g	
Cholesterol 30mg	10%
Sodium 470 mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Aim for the most nutritious options, when you have a choice.

Compare labels when grocery shopping.

CALORIES COUNT

Label is based on ONE serving. If you eat more than one serving, just remember to take into account the number of servings you eat. Multiply the number of servings by the values on the food label.

Example: 3 servings of a food that has 250 calories/serving = 750 calories.

AIM FOR HEART HEALTH

To decrease your risk for heart disease, eat the calories you need (not in excess) and aim to eat total fat, very little saturated fat, as close to zero for trans fat, low sodium and low cholesterol.

FATS ARE NOT ALL EQUAL

While saturated fats and trans fats can increase your risk for heart disease, monounsaturated fat and polyunsaturated fat do not clog your arteries.Therefore, aim in general for a low fat meal, and give preference to foods with monounsaturated and polyunsaturated fats instead of saturated and trans fats.

WHOLESOME CARBOHYDRATES AND DIETARY FIBER

Choose foods which list whole grains on the ingredients list. Aim for a variety of foods containing fiber throughout your day, since this helps reduce the risk for certain diseases and conditions.

AIM FOR NUTRIENT RICH FOODS

Get the most value from your foods by choosing foods which contribute essential nutrients like vitamins and minerals.