

Food labels...an easy way to know which foods are heart healthy

Almost all packaged foods have a food label called Nutrition Facts. Knowing how to read these food labels can help you:

- Make healthier food choices
- Know how much you can eat
- Control your weight

Here is a sample 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%
<i>Trans Fat</i> 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Serving Size

- This tells you the size of 1 serving, not the whole package
- Learn to “see” what a serving size looks like, for example:

<u>This amount of food...</u>	<u>is about the size of...</u>
1 cup of whole grain cereal	a fist
3 ounces of meat	a deck of cards
1 cup of whole wheat pasta	a tennis ball
1/2 cup cooked brown rice	a baseball

Servings per Container

- This tells you how many servings are in the package
- *Be careful* — most packages have more than 1 serving

Check Calories

- This tells you how many calories are in 1 serving, not the whole package

Limit These Nutrients to Help Protect Your Heart

- Total Fat, Cholesterol, and Sodium

Get Enough of These Nutrients for Better Health

- Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron

Talk with your doctor or dietitian about your food plan. Working together will help you create a plan that you can follow every day.