

# Label Reading Tips

Look for the following on the food label:

<b>Nutrition Facts</b>			
Serving Size 1/2 cup (57g)			
Servings Per Container 15			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	<b>Calories from Fat</b> 100		
% Daily Value*			
<b>Total Fat</b> 11g	<b>17%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 95mg	<b>4%</b>		
<b>Total Carbohydrate</b> 32g	<b>11%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 18g			
<b>Protein</b> 5g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

- **Serving Size:** All the information on the label about calories and nutrients is for one serving. If you eat more than one serving, you get more calories and nutrients.
- **Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal. (Too many calories leads to weight gain.)
- **Total Fat, Saturated Fat, and Trans Fat:**
  - ~ Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat 2,000 calories per day, 50 g to 75 g per day is a good range. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).
  - ~ Choose foods with less than 3 g per serving of saturated fat and trans fat. (These are not heart-healthy.) A person who needs 2,000 calories per day should eat no more than 15 g of saturated fat and trans fat (combined) in one day.
- **Sodium:** Look for foods that are low in sodium. Each day, eat less than 2,400 milligrams sodium (or limit set for you by your health care team).
- **Dietary Fiber:** Aim to get 25 g to 30 g of dietary fiber each day; to meet this goal, include foods with at least 5 g fiber per serving.

Short-Term Goal: \_\_\_\_\_