

Label Reading Tips

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serving Size:

The calorie and nutrient information on the label applies to one serving. The label also indicates how many total servings are in the container. 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. (Eating too many calories leads to weight gain.)

Saturated and Trans Fats:

Limit these fats for heart health. Choose foods with less than 2 grams per serving of saturated fat. For a 2,000 calorie diet, limit daily saturated fat intake to 11-15 grams. For a 1500 calorie diet, limit to 8-10 grams.

Choose foods with zero trans fats. Avoid foods with *partially hydrogenated oils* (trans fats) on the ingredient list.

Sodium

Choose foods that are lower in sodium. Each day, eat less than 2,300 mg sodium (or the limit set for you by your health care team).

Added Sugars

Check the ingredient list for the following terms as these indicate added sugar: brown sugar, corn sweetener, corn syrup, words ending in "-ose" (dextrose, fructose, lactose, etc.), high fructose corn syrup, honey, fruit juice concentrates, invert sugar, malt sugar, molasses, raw sugar, and syrup. It is recommended that women aim for less than 25 grams of added sugars per day and men less than 37.5 grams per day.

Dietary Fiber

Aim to get 25 grams to 30 grams of dietary fiber each day. To meet this goal, every day choose several foods that have at least 5 grams of fiber per serving.