



FROM THE OFFICE OF DR.

# Nutrition: Know the facts

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

**Make your calories count.** Look at the calories on the label and compare them with the nutrients listed to decide whether the food is worth eating. When a food item has more than 400 calories per serving, it is high in calories.

**Know your fats.** Look for foods low in saturated fats, *trans*-fats, and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and mono-unsaturated fats. Keep total fat intake between 20% and 35% of total calories.

**To get enough fiber** (25 grams per day), half of your intake of grains should be whole grains, such as in whole-grain bread.

**Get enough of these** vitamins and minerals.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80% • Vitamin C 60%	
Calcium 4% • 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Check servings and calories.** Look at the serving size and how many servings you are actually consuming. If you eat all four servings in this package you get not 90 but 360 calories. Servings may be smaller than you think: see <http://hin.nhlbi.nih.gov/portion>.

**Use the Percent Daily Value** (% Daily Value) column when possible: 5% Daily Value or less is low, 20% or more is high.

**Reduce sodium (salt), increase potassium.** Eating less than 2,300 mg of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt-shaker. Foods high in potassium include fruits and vegetables.

**Don't sugarcoat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars include sucrose, glucose, high-fructose corn syrup, corn syrup, and fructose.

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