Food Label Reading Made Simple

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Always look at the serving size FIRST, all the information listed on the food label is for ONE serving of food.

For Cholesterol:
Aim for no more than 1 gram of SATURATED FAT for every 100 calories. Example, if there are 260 calories in a food, that food should have no more than 2 to 3 grams of SATURATED FAT. Aim for as close to 0 grams of TRANS FAT as you can.

For High Blood Pressure:
Aim for less than 2,300 mg sodium per day. Healthy choices have less than 280 mg SODIUM.

For Cholesterol:
Try to avoid foods that have HYDROGENATED fats. HYDROGENATED and TRANS FAT mean the same thing.

Nutrition Facts

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

Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 2g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • 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

Ingredients: sugar, vegetable shortening (Partially **hydrogenated** soybean and cottonseed oils), corn syrup, four. . .

Ignore the percentages, they are for a 2,000 calorie diet and not everyone eats 2,000 calories.

For Diabetes/Cholesterol/General Health:
Aim for bread that has 3-4 grams of FIBER per serving. Choose other foods also high in fiber.

For Diabetes:
TOTAL CARBOHYDRATE includes the amount of sugars. Use the TOTAL CARBOHYDRATE to fit foods into your diabetic meal plan.

If you have additional questions or would like to schedule an appointment to talk with a Registered Dietitian please call **544-1542**.