HEALTH
EDUCATION
INFORMATION
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Healthy DIRECTIONS

How to Make Sense of the "Nutrition Facts" Food Label

The "Nutrition Facts" food label can be found on most foods available in the grocery store. The food label now has standard serving sizes and definitions of terms such as "fat-free" and "low-fat." Reading the food label can guide you to making heart healthy food choices.

Label Terms - What do they mean?

Low-fat	3 grams of fat or less
Fat-free	Less than .5 grams of fat
Lean	Less than 10 grams of fat, less than 4 grams of fat per serving, less than 95 mg of cholesterol
Light	No more than 1/2 the fat of the regular version
Cholesterol Free	Less than 2 mg of cholesterol, less than 2 grams of saturated fat

Guide to Determine How Much Fat is Allowed Per Day

Calories per day	*Grams of fat allowed*
1200	40 grams or less
1500	50 grams or less
2000	65 grams or less
2500	80 grams or less

Tips for Using the Food Label

-Look at the serving size to decide how much to eat.
-A heart healthy choice has less than 5% of the Daily Value for fat, sodium and dietary cholesterol.
-Along with watching fat intake, it is also important to control calorie intake for weight management.