



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

<u>Calories per day</u>	<u>Grams of fat allowed</u>
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.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a diet of other people's misdeeds.	
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	