

EAT SMART

With Food Nutrition Labels

The Nutrition Facts label can help you make healthier choices. **Use it!**

Here's what to look for:

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	10%
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%

*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.



Healthy For Good™

1 Start with serving information.
This will tell you the size of a single serving and how many servings are in the package.

2 Check total calories per serving.
Do the math to know how many calories you're really getting if you eat the whole package.

3 Limit certain nutrients.
Try to keep saturated fat, trans fat and sodium as low as possible.

4 Get enough of beneficial nutrients.
Eat foods with dietary fiber, protein, calcium, iron, vitamins and other nutrients your body needs.

5 Quick guide to % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5% or less.
- To consume more of a nutrient (such as fiber), choose foods with a higher % DV — 20% or more.

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