

Protect Your Heart—Lower Your Cholesterol

Learn to Read Food Labels

This is a sample label from a box of macaroni and cheese. This product has **too much** saturated fat, trans fat and cholesterol and **not enough** fiber. Learn why.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250

Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g 10%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

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

How to Read a Food Label

1. Serving Size

Always check the serving size and number of servings in the container. If you eat this whole box, you are eating 2 servings.

2. Find the % Daily Value

Look for the % of saturated fat

Look for the % of cholesterol

Pick foods with each having less than 5%

3. Find the Trans Fat

Pick foods with 0g of trans fat

4. Find the Dietary Fiber

Pick foods with more than 20%

Eat foods
low in saturated fat and cholesterol,
0 grams trans fat and **high** in fiber.