

# Understanding the Nutrition Facts Label

## Fats and Cholesterol

Choose foods low in saturated fat and with no trans fat!

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	2/3 cup (55g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	11%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8.1mg	45%
Potassium 282mg	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.

### Daily limits:

- **Saturated fat:**
  - less than 10% of Calories
    - less than 7% if you have heart disease
- **Trans fat:**
  - 0 g
- **Cholesterol:**
  - less than 300 mg
    - less than 200 mg if you have diabetes or heart disease
    - Only animal foods contain cholesterol - but be careful, a food with no cholesterol may still have lots of saturated fats!



**Saturated and trans fats both raise LDL ("bad") cholesterol, increasing your risk for heart attack and stroke.**

# Guide to controlling saturated and trans fat

## Saturated Fat

Total Calories	7% Saturated Fat	10% Saturated Fat
<b>1200</b>	<b>9 grams</b>	<b>13 grams</b>
<b>1500</b>	<b>12 grams</b>	<b>17 grams</b>
<b>1800</b>	<b>14 grams</b>	<b>20 grams</b>
<b>2000</b>	<b>16 grams</b>	<b>22 grams</b>
<b>2200</b>	<b>17 grams</b>	<b>24 grams</b>

## Beware of Trans Fat!

If a food contains less than 0.5 gram of trans fat per serving, the label can list the amount of trans fat as 0 grams. However, the food may still contain some trans fat...look at the ingredients list for "partially hydrogenated oils." If a product contains these, it also contains trans fats.

