

How to read a Nutrition Facts label

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Check your serving size

The nutrients listed on the label are the amount in 1 serving. There can be more than 1 serving in a container.

For example, on the label to the right, 1 serving of this cereal is $\frac{2}{3}$ cup. And there are 8 servings in the whole box.

This means that if you had $\frac{2}{3}$ cup of cereal, you would eat exactly as many calories and nutrients as you see on the label. And if you ate the whole box, you would eat 8 times as many calories and nutrients as you see on the label.

So, for $\frac{2}{3}$ cup of cereal, you would eat 230 calories, and for the whole box, you would eat $230 \times 8 = 1,840$ calories.

Nutrition Facts

8 servings per container

1 **Serving size** **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

% Daily Value*

FDA, 2016

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Watch your calories

Calories are the energy we get from our food. If we eat too many, they get stored as fat, which is not good for our heart health.

How many calories do I need?

The number of calories you need each day usually depends on your age, sex, and how active you are:

		Calories			
		Age	Not active	Somewhat active	Very active
Men	19-30		2,400 - 2,600	2,600 - 2,800	3,000
	31-50		2,200 - 2,400	2,400 - 2,600	2,800 - 3,000
	Over 50		2,000 - 2,200	2,200 - 2,400	2,400 - 2,800
Women	19-30		1,800 - 2,000	2,000 - 2,200	2,400
	31-50		1,800	2,000	2,200
	Over 50		1,600	1,800	2,000 - 2,200

Not active: You only do daily tasks, such as cooking or walking to the mailbox.

Somewhat active: You do daily tasks and are active for about 30-40 minutes a day, which is equal to walking about $1\frac{1}{2}$ to 3 miles each day.

Very active: You do daily activity and are active for more than 40 minutes a day, which is equal to walking quickly for more than 3 miles each day.

Talk to your doctor, nurse, or dietician to see what calorie level is best for you. For example, women who are pregnant or breast feeding need more calories.

Know your nutrients

To keep your heart healthy, your cholesterol and blood pressure need to stay at healthy levels. Keep an eye on these nutrients to lower your chance of heart disease.

Limit the villains

Saturated Fat and Trans Fat

- Fats that can raise your cholesterol
- Found in foods such as fried foods, fatty beef, pork, chicken skin, butter, and cheese
- Try to get **less than 13g (grams) per day**

Cholesterol

- A waxy, fat-like substance that can build up in your blood vessels
- Found in foods such as beef, chicken, pork, butter, and eggs
- Try to get **less than 200mg (milligrams) per day**

Sodium (salt)

- A mineral that can raise blood pressure
- Found in foods such as cured meats (ham, bacon) and foods that are canned, packaged, or prepared (cereal, ketchup, pizza, frozen dinners)
- Try to get **less than 1,500mg per day**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
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.

Get enough of the superheroes

Dietary fiber

- Nutrients that can help lower your cholesterol and blood pressure, and help you stay at a healthy weight
- Found in foods such as beans, oats, flaxseed, oat bran, and most fruits and vegetables
- How much you need each day depends on your age and sex:

	Age 50 or under	Over age 50
Men	38g	30g
Women	25g	21g

Potassium

- A mineral that can help lower your blood pressure and cholesterol, and help your heart beat in a more regular rhythm
- Found in many plant foods such as avocados, potatoes, raisins, bananas, and tomatoes
- Most people should get **at least 4,700mg per day**
- Some medicines, including heart medicines, can change how your body uses potassium. Ask your doctor how much you should get.

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Know your goals

Ask your doctor how many calories and how much of each nutrient is right for you. Write them here:

Calories: About

Sodium (salt): Less than mg

Fats: Less than g

Fiber: More than g

Cholesterol: Less than mg

Potassium: More than mg

Practice reading nutrition facts

Look at these labels for a bottle of juice and a yogurt to practice reading the nutrition facts. You can do this with your dietician, nurse, or doctor to make sure you understand.

Nutrition Facts	
Serving size 1 bottle (8 fl oz)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 130mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 6mcg	30%
Calcium 390mg	30%
Potassium 160mg	5%

* 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.

Nutrition Facts	
5 servings per container	
Serving size 1 cup (38g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 9g	35%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 2g	
Vitamin A 3mg	0%
Calcium 130mg	10%
Iron 1mg	4%

* 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.

If you ate 1 serving of both of these foods for breakfast:

- How many calories did you eat? calories
- How much saturated and trans fat did you eat? g
- How much cholesterol did you eat? mg
- How much sodium (salt) did you eat? mg
- How much fiber did you eat? g
- How much potassium did you eat? mg