

Controlling your risk: Label Reading

Read food labels to make the best food choices.

Serving size →

multiply the number of **calories** in a serving
by the number of **servings** eaten!

Fats in most diets are 25 to 35% of all calories.
limit or avoid **saturated fat**.

You may have up to 300 mg a day of **cholesterol**.

50 - 60% of calories may be **carbohydrates**.
Eat 20 to 30 grams daily of whole grains and **fiber**.

15% of calories may be from **protein**.
If you have kidney disease limit protein to 10%.

You can have any food sometimes, but limit how often
you have foods that are high in fat and calories and low
in vitamin, mineral, and fiber.

A food that fits your plan as one serving may not fit as
well if you eat more than one serving.

Plan for treats and snacks, choose “good foods” most
of the time and watch total calories to make your diet
“heart healthy”.

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	1g		7 %
Cholesterol	30mg		10 %
Sodium	300mg		13 %
Total Carbohydrate	13g		4 %
Dietary Fiber	3g		12 %
Sugars	3g		%
Protein	3g		12 %
Vitamin A	80%	Vitamin C	60%
Calcium	4%	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
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4