

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Heart Healthy Label Reading Tips

Using the Nutrition Facts label will help you make healthy food choices.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% 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	
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Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
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<small>* 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.</small>	

Serving size:

The calorie and nutrient information on the label applies to one serving. The label also indicates how many total servings are in the container. If you eat more than one serving, you get more calories and nutrients.

- On the label displayed, if you eat more than 2/3 of a cup of the food, you will eat more than 230 calories.

Calories:

Choose foods that help you get the nutrients you need without going over your daily calorie goal. (Eating too many calories leads to weight gain.)

Total fat, saturated fat, and trans fat:

- Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat 2,000 calories per day, 50 g to 75 g per day is a good range. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).
- Choose foods with less than 2 g per serving of saturated fat and 0 g of trans fat. (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 11 g to 15 g of saturated fat in one day.
- Read ingredients listed on the label. If a food contains partially hydrogenated oils, then it has trans fat. (If it has less than half a gram per serving, the label may still say trans fat-free.)

Sodium:

Look for foods that are low in sodium. Each day, eat less than 2,300 milligrams sodium (or the limit set for you by your health care team).

Added sugars:

In one day, women should consume less than 25 g of added sugars and men should consume less than 37.5 g. Keep an eye out for these terms—they are added sugar:

- Brown sugar
- Corn sweetener
- Corn syrup
- Sugar molecules ending in “-ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)
- High-fructose corn syrup
- Fruit juice concentrates
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Syrup

Dietary fiber:

- Aim to get 25 g to 30 g dietary fiber each day.
- To meet this goal, every day choose several foods that have at least 5 g fiber per serving.

% Daily Value Guide:

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

Notes: