

Label Language: A Guide to Heart Healthy Eating

When grocery shopping, take time to read the labels. Make sure you are bringing home foods that are good for you.

- **Serving Size** The nutrition information is based on the serving size. If you eat double the serving size, you are getting twice as much of everything listed.
- **Total Fat** Choose foods with 3 grams of total fat or less for every 100 calories.
- **Saturated Fat** It is one type of fat that will raise your blood cholesterol and your risk of heart disease and stroke. Choose foods with 1 gram of saturated fat or less for every 100 calories.
- **Trans Fat** Trans fats, like saturated fats, raise your risk of heart disease. Sources of trans fats include snack foods and baked goods made with *partially hydrogenated vegetable oil* or *vegetable shortening*. Try to avoid this type of fat.
- **Sodium** If you have high blood pressure, diabetes, kidney disease or are African American, age 51 or older, 1500 mg of sodium per day is advised. Others should take in less than 2300 mg of sodium each day, which is equal to 1 teaspoon of salt.

- **Dietary Fiber** Fruits, whole grains, vegetables, high-fiber breakfast cereals and beans are good sources of fiber and can help reduce the risk of heart disease. Try to eat 25-35 g of dietary fiber each day.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% 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 240mg	6%
<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>	

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

If eating 3 times a day keep within range of 500-700mg sodium / meal