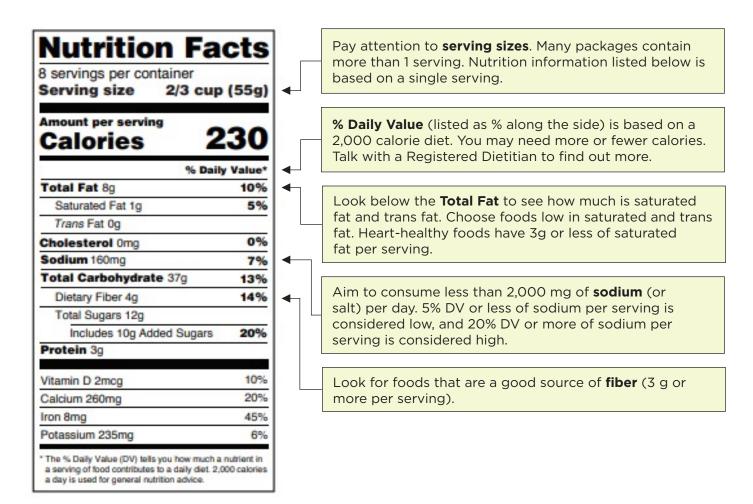


## LABEL READING



## **Additional Items to Consider:**

- It is important to read the Ingredients list to get a better idea of types of ingredients used.
- Total Sugars can have both natural and Added Sugars. Natural sugars are naturally
  occurring in whole foods, like fruits, and offer benefits like fiber and antioxidants. Added
  sugars are added during processing and do not provide any nutrients (just calories). Look
  for foods low in "Added Sugars."
- Even if the Nutrition Facts label says a food contains "O g" of trans fat, but includes "partially hydrogenated oil" in the ingredient list: the food still contains some trans fat (less than 0.5 g per serving). If you eat more than one serving, you could end up eating too much trans fat.

For more information and tips, visit the American Heart Association website (heart.org)