



LABEL READING

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 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.	

Pay attention to **servicing sizes**. Many packages contain more than 1 serving. Nutrition information listed below is based on a single serving.

% Daily Value (listed as % along the side) is based on a 2,000 calorie diet. You may need more or fewer calories. Talk with a Registered Dietitian to find out more.

Look below the **Total Fat** to see how much is saturated fat and trans fat. Choose foods low in saturated and trans fat. Heart-healthy foods have 3g or less of saturated fat per serving.

Aim to consume less than 2,000 mg of **sodium** (or salt) per day. 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.

Look for foods that are a good source of **fiber** (3 g or more per serving).

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 “0 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)