



Heart-to-Heart What to Look for on the Food Label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

	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
Dietary Fiber		25g	30g

Look here first! Often, a small package has two or more servings. If you eat the whole package, you have to multiply all of the numbers below by the number of servings in the package.

↑
Nutrients in **one** serving.
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Percent Daily Value – How much of the recommended amounts of these nutrients one serving of the food provides; based on a 2,000 calorie/day meal plan.

The recommended daily amount of each nutrient for someone who eats 2,000 or 2,500 calories/day.

Limit these nutrients. A % Daily Value of 5% or less is **LOW**.

Get enough of these nutrients. A % Daily Value of 20% or more is **HIGH**.

Ingredient Panel: Ingredients are listed on the label in descending order by weight, from most to least.

INGREDIENTS: ENRICHED PASTA, WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FAT, PARTIALLY HYDROGENATED SOYBEAN OIL, *CARROTS, *PEAS, CREAM, MODIFIED CORN STARCH, *ONION, SALT. CONTAINS LESS THAN 1.5% OF: *CORN SYRUP, AUTOLYZED YEAST EXTRACT, CHICKEN BROTH, *GARLIC, MONO AND DIGLYCERIDES, *CELERY, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, WHEAT), NATURAL FLAVOR, DEXTROSE, NONFAT MILK, CHICKEN POWDER, XANTHAN GUM, MALTODEXTRIN, BEEF BROTH, SODIUM CASEINATE, PARSLEY FLAKES, DISODIUM INOSINATE, DISODIUM GUANYLATE, WHEAT STARCH, *EGG YOLK, ARTIFICIAL COLOR. *DRIED CONTAINS WHEAT, MILK, SOY AND EGG INGREDIENTS.

Not a whole grain. Whole grains list a “whole” grain as the first ingredient.

Another word for trans fat, a type of fat that is not heart healthy. Avoid foods that list “partially hydrogenated oils.”

Another word for sugar. Eat less foods that list “corn syrup” and “high fructose corn syrup.”