



Just the Facts, Nutrition Facts.

The descriptions and labels on food packages can be confusing. Sometimes foods are described as “healthy” but really are not nutritious. The good news is you can judge a food by what’s listed on the Nutrition Facts panel and in the ingredients list. Focus on the points below to make better and healthier choices.

Serving Size: all the calories, fat and other nutrients on the Nutrition Facts panel are given for one serving. The food’s manufacturer decides on the serving size and the number of servings per container. This “serving size” may be very different from what is actually eaten. Remember that a package that looks small may have more than one serving in it. If a serving is 1 cup and you eat 2 cups, you eat twice the amount of calories, fat and other nutrients listed on the nutrients facts panel.

% Daily Value: All the information listed as a percent is based on a person who eats 2,000 calories per day, which may be higher or lower than your daily calorie needs.

Total Fat: This includes all the fat in one serving and is listed in grams (g) and 1 teaspoon = 4 grams of fat. It is important to pay attention to the different types of fat. There are good fats and bad fats.

- **Saturated Fat:** This fat should generally be avoided. It is linked to high cholesterol and many cancers.
- **Trans Fats:** This is the worst of the worst. This man-made fat is linked to high cholesterol and some cancers. It should be avoided entirely. Food manufacturers are allowed to list amounts of *Trans* fat with less than 0.5g (1/2 g) as 0 (zero) on the Nutrition Facts panel. *Trans* fat comes from partially hydrogenated oil, so if this is listed in the ingredients, buy something else, even if the Nutrition Facts panel reads 0 grams of *Trans* fat.
- **Polyunsaturated Fat and Monounsaturated Fat:** These are better for our health than saturated and *Trans* fats. Most of the fat you eat should be these types.
- **Cholesterol:** Cholesterol is found ONLY in animal food products such as meat, poultry, milk, cheese, eggs and fish. Eating too much cholesterol can raise blood cholesterol, so limit this.

Sodium: Eating too much sodium (salt) can cause high blood pressure, bone loss and stomach cancer. Foods high in sodium include: canned foods, frozen meals, instant soups, cake mixes and snack foods. 1 teaspoon table salt = 2,400mg sodium. The recommended daily limit for most adults is 2,300mg.

Total Carbohydrates: This includes all the carbohydrates in one serving. Total carbohydrates is a large category that includes whole grains (healthy) and refined (white and less healthy) carbohydrates. Dietary fiber and sugar are types of carbohydrates. When you read a food label, it is important to look at dietary fiber and sugar as well as total carbohydrates.

- **Dietary Fiber** is found in fruits, vegetables and grains. Fiber lowers blood cholesterol, lowers your risk for diabetes and some cancers and helps maintain regular bowel movements. You should try to eat plenty of fiber each day.
- **Sugars** include glucose, fructose, dextrose, lactose, galactose and high fructose corn syrup. Sugars offer little nutrition, only flavor, and should be avoided. 1 teaspoon of white sugar = 4.2g

Ingredients: Read the ingredient list carefully. Ingredients are listed from highest to lowest amount in order by weight. The largest amounts are listed first. Look for whole grain or whole wheat near the top. Stay away from high fructose corn syrup and partially hydrogenated oils no matter where they appear in the list.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	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

Calories per gram:
Fat 9 * Carbohydrate 4 * Protein 4