

### Reading Food Labels

**Serving Size:** A serving size is usually less than most people eat. If you eat 2 servings, make sure you double the calories and all of the daily values. When comparing foods, make sure, the serving sizes are the same.

**Fat:** This lists the total amount of fat in one serving. Try to limit the amount of saturated fat and trans fat you eat.

**Cholesterol:** Try to eat less than 300 mg each day.

**Sodium:** Try to eat less than 2400 mg of sodium (salt) each day.

**Carbohydrates:** These help give you energy. They are found in bread, pasta, potatoes, fruits and vegetables. Good sources of fiber include fruits, vegetables, whole grains, and beans. Try to eat 20 to 35 g of fiber per day.

**Protein:** Protein helps build muscle. It is found in meat, nuts, eggs, fish, and dry beans. Try to eat lean cuts of meat.

Amount Per Serving		% Daily Value*	
<b>Calories</b>	60	Calories from Fat	15
<b>Total Fat</b>	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	15mg		
<b>Sodium</b>	890mg		37%
<b>Total Carbohydrate</b>	8g		3%
Dietary Fiber	1g		4%
Sugars	1g		
<b>Protein</b>	3g		
<b>Vitamin A</b>	4%	<b>Calcium</b>	0%
<b>Vitamin C</b>	0%	<b>Iron</b>	2%

\*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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Calories:** A calorie is a measure of energy use. Also listed is the number of calories from fat. The general rule is that no more than 30% of your calories should come from fat.

**% Daily Value:** This shows how much of the recommended amounts of these nutrients are in one serving (based on a 2,000 calorie diet). These percentages make it easy to compare one brand with another. Just make sure the serving size is the same. The goal is to eat no more than 100% of each nutrient each day.

**Vitamins & Minerals:** This shows you how much of the recommended amount of certain vitamins and minerals are in the food. Your goal is to reach 100% for each vitamin and mineral every day.

**Recommended Amounts:** Here you can see the recommended daily amount for each nutrient for 2 calorie levels: a 2,000 calorie and a 2,500 calorie daily diet. Your recommended daily calories may be higher or lower depending on your age, gender, and how active you are. However, notice that the recommended amount of sodium and cholesterol are the same no matter how many calories you eat a day.