



# EAT SMART

## WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

**Use it!** Here's what to look for:

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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.	

### Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

### Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

### Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

### Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, like calcium, dietary fiber, iron, potassium and Vitamin D.

### Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit [heart.org/HealthyForGood](http://heart.org/HealthyForGood)