Sample Food Label: What It's Telling You.

Reading food labels can help you choose foods low in saturated fat, total fat, cholesterol, and calories. Food labels have two important parts: **nutrition information** and an **ingredients list**.

Read the nutrition information.

Look for the amount of saturated fat, total fat, cholesterol, and calories in a serving of the product. Compare similar products - like cereals, breads or snack items - to find the one with the least amounts. If you have high blood pressure, do the same for salt (sodium).

Look at the ingredients.

All food labels list the product's ingredients in order by weight. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last. **So, to choose foods low in saturated fat or total fat, limit your use of products that list any fat or oil first - or that list many fat and oil ingredients.** If you are watching your salt intake, do the same by looking at the sodium content.

"Sodium" = salt →

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%
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%

* 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 • Carbohydrates 4 • Protein 4

- Serving size
- Number of servings

- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how much fat, saturated fat, cholesterol, and calories you are getting from different foods. Pay attention to the actual amounts (in grams or milligrams).

Source:
National Institutes of Health - http://www.nhlbi.nih.gov/chd/Tipsheets/readthelabel.htm

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

Anthem. 360°Health.