

# How to read Nutritional Facts

We buy it on the back of every box, wrapper, or can. The Nutritional Facts are the info that you need to accomplish your goals. This is how you should read them, to reach your goal faster.

**Serving Size** is your serving size the one on the level? If you eat double the serving size listed, you must double the nutrient and calorie values. If you eat one-half the serving size shown here, cut nutrient and calorie values in half.

**Calories**- are you working on releasing weight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4 138lb active woman needs about 2200 calories each day. A 5'10 174lb active man needs about 2900 calories a day. How many calories do you need a day?

**Total Carbohydrates**- You can eat more carbs when you cut down fat. Carbohydrates are in food like bread, potatoes, fruit, and vegetables. Choose foods like fruits and veggies often instead of soda and candy.

**Dietary Fiber** - Grandmother called it "roughage." but her advice to eat more is still up to date. That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans, and peas, are all good sources and can help reduce the risk of heart disease and cancer.

## Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

### Amount Per Serving

**Calories** 230      Calories from Fat 40

### % Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 1g

**Protein** 3g

Vitamin A      10%

Vitamin C      8%

Calcium      20%

Iron      45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value 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     |

**Protein**- Most Americans get more than they need. Where there is animal protein and cholesterol. Eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals

**Vitamins and Minerals**- your goals here are 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

**Total Fat-** Aim Low. Most people need to cut back on fat. Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose food with a big difference in the total number of calories from fat.

| Nutrition Facts                                                                                                                          |           |                      |         |
|------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|---------|
| Serving Size 2/3 cup (55g)                                                                                                               |           |                      |         |
| Servings Per Container About 8                                                                                                           |           |                      |         |
| Amount Per Serving                                                                                                                       |           |                      |         |
| Calories 230                                                                                                                             |           | Calories from Fat 40 |         |
| % Daily Value*                                                                                                                           |           |                      |         |
| Total Fat 8g                                                                                                                             |           | 12%                  |         |
| Saturated Fat 1g                                                                                                                         |           | 5%                   |         |
| Trans Fat 0g                                                                                                                             |           |                      |         |
| Cholesterol 0mg                                                                                                                          |           | 0%                   |         |
| Sodium 160mg                                                                                                                             |           | 7%                   |         |
| Total Carbohydrate 37g                                                                                                                   |           | 12%                  |         |
| Dietary Fiber 4g                                                                                                                         |           | 16%                  |         |
| Sugars 1g                                                                                                                                |           |                      |         |
| Protein 3g                                                                                                                               |           |                      |         |
|                                                                                                                                          |           |                      |         |
| Vitamin A                                                                                                                                |           | 10%                  |         |
| Vitamin C                                                                                                                                |           | 8%                   |         |
| Calcium                                                                                                                                  |           | 20%                  |         |
| Iron                                                                                                                                     |           | 45%                  |         |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your daily value may be higher or lower depending on<br>your calorie needs. |           |                      |         |
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| Cholesterol                                                                                                                              | Less than | 300mg                | 300mg   |
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| Total Carbohydrate                                                                                                                       |           | 300g                 | 375g    |
| Dietary Fiber                                                                                                                            |           | 25g                  | 30g     |

**Saturated Fat-** a new kind of fat? No- Saturated fat is a part of the total fat in food. It is listed separately because it's the key

player in raising blood cholesterol and your risk of heart disease. Eat less.

**Cholesterol-** too much cholesterol - a 2ed cousin to fat- can lead to heart disease. Challenge yourself to eat less than 300 mg each day

**Sodium-** AKA salt. The label calls it sodium. Either way, it may add up to high blood pressure at some point, so keep your sodium intake low. 2,400 mg or less. ( The American Heart Association recommends no more than 3000mg a day)

**Daily Value-** Feels like you are drowning in numbers? Let the daily value be your guide. Daily Values are listed for people who eat 2000 or 2500 calories a day. If you eat more than your daily value be higher than what's listed on the label. If you eat less, your value may be lower. For fat, saturated fat, cholesterol, and sodium choose foods with a low % daily value. For the total carbohydrates, dietary fiber, vitamins, and minerals, your daily value goal is to reach 100%of each \* Source: American Heart Association.

Food is 70% of how you will reach your goal. Thus, you must eat right for your body to be as healthy as it can be and look your best. Over the next couple of weeks, we will explore each division of food and, its benefits to your goals. You are what you eat.