

USING FOOD LABELS

Serving Size
Servings Per Container

Fats:

Choose foods with 3 grams or less saturated fat and no trans fat

Sodium:

Each day: 2300 mg (or less for some)

Less than 140 mg = low sodium

1 teaspoon salt has 2300 mg sodium

Total Carbohydrate (carb):

Includes starches, sugars, sugar alcohol and dietary fiber

≥ 5 grams fiber or sugar alcohol, subtract ½ fiber or sugar alcohol grams from total carb

Per Meal: 45-60 grams carb for men

Per Meal: 30-45 grams carb for women

Per Snack: (15-30 grams carb)

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%
<i>Trans Fat</i> 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

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