**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](image)