



# EAT SMART

## WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Here’s what to look for:

| Nutrition Facts                                                                                                                                                                    |                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 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>            |
| <i>Trans</i> 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%                   |
| <small>* 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.</small> |                      |

### 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 getting if you eat the whole package.

### Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat.

### Get enough of beneficial nutrients.

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

### Understand % Daily Value.

- The % Daily Value ( ) 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](https://heart.org/HealthyForGood).