

# Understanding the Food Label

**Serving Size is the Key!!  
Everything is based on  
ONE SERVING!!!**



Calories contribute to Weight Maintenance. Too many causes weight gain!



Too much fat can cause heart disease...especially watch Saturated and Trans Fats!

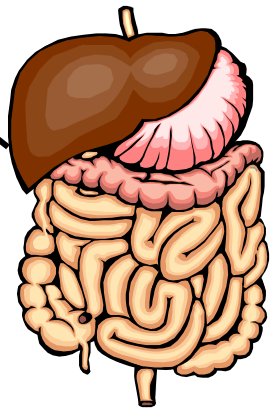


Recommended amount of sodium (salt) is < 2300 mg per day...most Americans get 3000-4000mg daily. High sodium intake can lead to hypertension or high blood pressure.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	2%
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



**Always look at the Serving Size!**



Fiber is very important for digestive health! You need an average of 25-30 grams per day...most people don't get near enough in their diet.