Label Language: A Guide to Heart Healthy Eating

Reading labels while grocery shopping can help you pick heart-healthy foods.

♥ **Serving Size:** The Nutrition Facts are based on the serving size. For example, if you eat double the serving size, you are getting twice as much of everything listed.

♥ **Total Fat:** Choose foods with 3 g of total fat or less per 100 calories.

♥ **Saturated Fat:** It is one type of fat that will raise your blood cholesterol and your risk of heart disease and stroke. Choose foods with 1 g of saturated fat or less for every 100 calories.

♥ **Trans Fat**: Trans fats also raise your risk of heart disease. Sources of trans fats include snack foods and baked goods made with *partially hydrogenated vegetable oil* or *vegetable shortening*. Try to avoid this type of fat.

♥ **Sodium**: If you have high blood pressure, diabetes, kidney disease or are African American, age 51 or older, aim for 1,500 mg of sodium per day. Others should take in no more than 2,300 mg of sodium each day, which is equal to 1 teaspoon of table salt.

♥ **Dietary Fiber:** Fruits, whole grains, vegetables, high-fiber breakfast cereals, and beans are good sources of fiber, which helps reduce the risk of heart disease. Try to eat 25-35 g of dietary fiber each day.

♥ **Added Sugar:** Aim for no more than 36 g a day for men and 25 g a day for women.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* 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.

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)