Serving Size
Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

Calories
Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 138-lb active woman needs about 2,200 calories each day. A 5"10", 174-lb active man needs about 2,900. How about you?

Total Carbohydrate
Carbohydrates are in foods like bread, potatoes, fruits, and vegetables. Choose these often! They give you more nutrients than sugars like soda pop and candy.

Dietary Fiber
Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans, and peas are all good sources and can help reduce the risk of heart disease and cancer.

Protein
Most Americans get more than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals.

Vitamins and Minerals
Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Nutrition Facts

Serving Size ½ cup (114g)

Servings Per Container 4

Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A	80%	Vitamin C	60%
Calcium	4%	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
Fiber		25g	30g

Calories per gram:
Fat 9 ● Carbohydrate 4 ● Protein 4

(More nutrients may be listed on some labels)

mg = milligrams (1,000 mg = 1 g)
g = grams (about 28 g = 1 ounce)

Total Fat
Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat
Saturated fat is part of the total fat in food. It is listed separately because it is the key player in raising blood cholesterol and your risk of heart disease. Eat less!

Trans Fat
Trans fat works a lot like saturated fat, except it is worse. This fat starts out as a liquid unsaturated fat, but then food manufacturers add some hydrogen to it, turning it into a solid saturated fat (that is what "partially hydrogenated" means when you see it in the food ingredients). They do this to increase the shelf-life of the product, but in the body the trans fat damages the blood vessels and contributes to increasing blood cholesterol and the risk of heart disease.

Cholesterol
Too much cholesterol—a second cousin to fat—can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

Sodium
You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—2,400 to 3,000 mg or less each day. (The American Heart Association recommends no more than 3,000 mg sodium per day for healthy adults.)

Daily Value
Feel like you are drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower. For fat, saturated fat, cholesterol, and sodium, choose foods with a low % Daily Value. For total carbohydrates, dietary fiber, vitamins, and minerals, your daily value goal is to reach 100% of each.