

# Read It Before You Eat It

## Check the Serving Size and # of Serv-

This describes the amount of the food that will deliver the number of calories and grams of nutrients that will be listed below

**\*\*Most serving sizes are smaller than what people generally consume**

## Know your fats for heart health

- Your body needs fats, just make sure they are the right kind
  - Foods low in saturated fat, but high in mono- and poly-saturated fats actually help to increase your health
  - Foods containing trans fats should be avoided and minimally consumed
- \*\*Consuming all low fat food will actually decrease your health, and put you further from your goals**

## Look for foods rich in these nutrients

- Foods rich in these help to fight off disease
- Most Americans don't get enough of these important ingredients, and risk **PREVENT-ABLE** short and longterm sickness and disease

Nutrition Facts		
Serving Size: 1 cup (228g)		
Servings Per Container: 2		
Amount Per Serving		
<b>Calories</b> 250	Calories From Fat 110	
		<b>%Daily Value<sup>†</sup></b>
<b>Total Fat</b> 12 g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 30mg		10%
<b>Sodium</b> 470 mg		20%
<b>Potassium</b> 700 mg		20%
<b>Total Carbohydrate</b> 31 g		10%
Dietary Fiber 0g		0%
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
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
Total Fat	Less than	85g
Sat Fat	Less than	20g
Cholesterol	Less than	360mg
Sodium	Less than	2,400 mg
Total Carbohydrate		300g
Dietary Fiber		25g

## Calories count, so pay attention

- Calories tell you the amount of energy (or fuel) the body will use to "burn off" this food
  - Calories from fat tell you the amount of total calories that come from fat
- \*\*Just because something is low in calories doesn't mean it is healthy for you**

## Choose healthy, low sugar carbs

- Carbohydrates are not all created equal. They can be complex (fiber) or simple (sugar). All are used for energy, but at different rates
  - Healthy carbohydrates help sustain energy and improve digestion. Choose vegetables, fruits, and whole grains
  - Sugar should be limited
- \*\*Look on the ingredients list to see if "whole grain" is listed as one of the first 2 ingredients**

## Protein helps to repair the body

- Protein generates new tissue in the body. Tissue that is naturally replaced and tissue that is broken down during exercise
- Choose dairy, meats, fish, poultry, and beans that are low in fat, or "lean" cuts to keep calories to a minimum

## % Daily Values help in creating a balanced

- Foods below 5% of your DV are considered low; above 20 % are considered high
- Use these % DV's to get the most out of what you eat by using them to choose foods high in essential vitamins and minerals