

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Heart-Healthy Eating: Label Reading Tips

Look for the following on the food label:



Nutrition Facts

Serving Size 1/2 cup (57g)

Servings Per Container 15

Amount Per Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Potassium 250mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 18g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*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	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Potassium		3,500 mg	3,500 mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

- **Serving size:** All the information on the label about calories and nutrients is for one serving. If you eat more than one serving, you get more calories and nutrients.
- **Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal. (Too many calories leads to weight gain.)
- **Total fat, saturated fat, and trans fat:**
 - Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat 2,000 calories per day, 50 g to 75 g per day is a good range. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).
 - Choose foods with less than 3 g per serving of saturated fat and trans fat. (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 15 g of saturated fat and trans fat (combined) in one day.
 - Read ingredients. If a food contains partially hydrogenated oils, then it has trans fat. (If it has less than half a gram per serving, the label may still say trans fat-free.)
- **Sodium:** Look for foods that are low in sodium. Each day, eat less than 2,400 milligrams sodium (or the limit set for you by your health care team).

- **Total carbohydrate and sugars:** If you have high triglycerides, choose foods with less than 30 g total carbohydrate and less than 15 g sugars per serving.
- **Dietary fiber:**
 - Aim to get 25 g to 30 g dietary fiber each day.
 - To meet this goal, include foods with at least 5 g fiber per serving.