

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

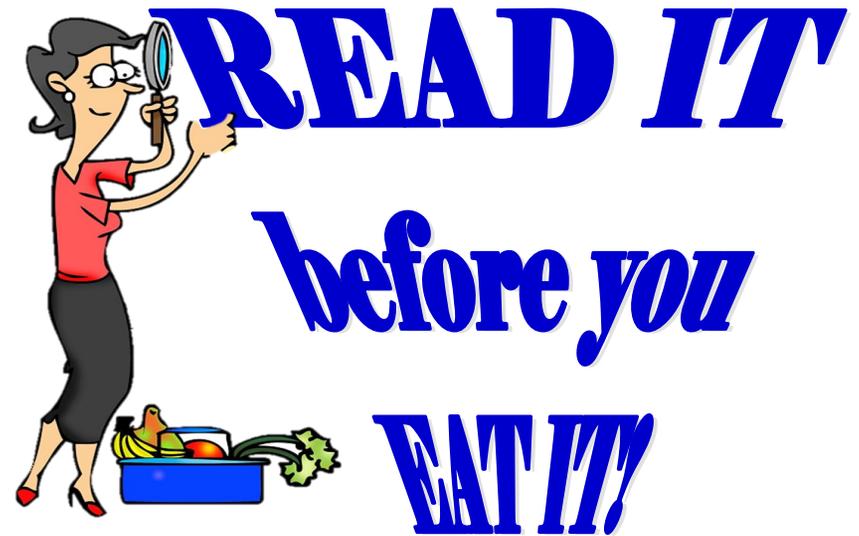
- * Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight. Find out your personal daily limits on [My Fats Translator](#).
- * When the Nutrition Facts label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains trans fat, but less than 0.5 grams of trans fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

[American Heart Association](#)

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp



Contact us at: MHSI@montefiore.org or 347-418-4738



Nutrition Facts

1	Serving Size 2/3 cup (55g) Servings Per Container About 8																												
2	Amount Per Serving Calories 230 Calories from Fat 72																												
	% Daily Value*																												
3	Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g																												
	Cholesterol 0mg 0%																												
	Sodium 160mg 7%																												
6	Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g																												
4	Protein 3g																												
	Vitamin A 10%																												
	Vitamin C 8%																												
	Calcium 20%																												
	Iron 45%																												
5	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.																												
	<table border="1"> <thead> <tr> <th></th> <th>Calories:</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		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
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1- Serving Size

This will tell you the size of a single serving and the total number of servings per container (package).

2- Calories

Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

3- Saturated and Trans Fats (Limit these nutrients)

AHA recommends limiting these nutrients: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 mg of sodium.

4- Dietary Fiber- Protein- Calcium- Iron- Vitamin (Get enough of these nutrients)

Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5- Percent Daily Value

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

6- Sugar

According to the 2015-2020 Dietary Guideline for Americans the recommended sugar intake is 48 Grams or 12 Teaspoons per day.

Formula for calculating grams of sugar to teaspoons:

$$\text{Grams} \times \text{servings} \div 4 = \text{teaspoons of sugar}$$