

Understanding Food Labels

Quick Guide

START HERE

CHECK CALORIES

LIMIT THESE

GET ENOUGH OF THESE

Nutrition Facts	
4 servings per container	
Serving size	5 oz
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.72mg	4%
Potassium 0mg	0%
Vitamin A	80%
Vitamin C	60%

*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.

% DAILY

**5%
OR LESS
IS LOW**

**20%
OR MORE
IS HIGH**



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Serving size

The serving size represents a typical amount of food consumed. Be aware that you may eat more or less than the listed serving size.

Sodium

Too much sodium (salt) can contribute to high blood pressure in some people. Sodium intake should be 2,300 mg per day or less depending on your health.

Total Carbohydrate

Carbohydrates serve as your body's main source of energy. Carbohydrates are found in grains and other starchy foods, fruits, vegetables, dairy and sweets.

Dietary Fiber

Fiber can help to lower cholesterol. Fiber is found in foods such as whole grains, fruits, vegetables and legumes. Aim for at least 25 grams each day.

Sugars

Natural and added sugars are included in this number. If your sugar intake is too high, check the ingredients to make sure that sugar (corn syrup, fruit juice concentrate, sucrose, dextrose, maltose, honey and syrups) are not among the first ingredients listed.

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Calories

This number reflects the amount of calories per serving. Also listed is the number of calories in one serving that come from fats alone.

Total Fat

Limit the intake. Aim for 20 percent or less than daily value. Also look for higher concentrations of monounsaturated and polyunsaturated fats than other types of fat.

Saturated and Trans Fats

Saturated and trans fats are linked with raising LDL (bad) cholesterol. Keep these numbers as low as possible.

Cholesterol

Limit cholesterol to less than 300 mg per day. Cholesterol is found in animal products such as meat, poultry, fish and dairy.

Vitamins and Minerals

Get enough of these nutrients (<5% is low). Vitamins and minerals typically fall short in the American diet.

Footnote

The statement "% Daily Values are based on a 2,000 calorie diet" must be on food labels. 2500 calorie diet information will also appear here.

Protein

Most adults eat more than enough protein. Include a variety of proteins in your diet from both plant and animal sources.



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