Label Reading: Use the Nutrition Facts Label on foods to make the healthiest choices for your body. The key items to look at on the label are listed below.

Nutrition Facts

Serving Size 1/4 cup (45g) dry
Servings Per Container: about 10

Amount Per Serving
Calories 155 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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:	2000	2500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Serving size: All of the information provided on the label is based off of 1 serving size. If a serving size is 1 cup, and you eat 2 cups, you are receiving double the calories and nutrients listed on the label.

Calories: Calorie needs are based on each individual. Choose foods with enough calories to meet your needs, knowing that excess calories may lead to weight gain.

Saturated and Trans Fats: These fats are considered unhealthy for the heart. Look for foods with less than 3g saturated fat per serving, and try to avoid all trans fats. When you look at the ingredients list, any food containing “partially hydrogenated or hydrogenated oils” is considered a trans fat. (If there is <0.5g, the food label may say 0 grams trans fat).

Monounsaturated and Polyunsaturated Fats: These fats are considered heart healthy so choose foods that contain unsaturated fats instead of saturated or trans fats. Unsaturated fats do not have to be listed on the nutrition facts label, but are found in oils (except for hydrogenated oil), nuts, avocado, and fatty fish.

Sodium: Choose foods with less than 300mg sodium per serving. Sodium limits may vary based on you and your health care provider's recommendations, but a good goal is to aim for <2000mg sodium a day. Remember that "lightly salted" or "reduced sodium" items may still contain more than 300mg sodium per serving.

Total Carbohydrate and Sugars: People with elevated triglycerides or diabetes should monitor their carbohydrate and sugar intake. Aim for goods with less than 15 grams sugar per serving.

Dietary Fiber: Adults should aim for 25-30g of fiber each day. Foods with at least 3g of fiber per serving should help you meet this goal. Increase the fiber in your diet slowly while also increasing your water intake.