



How to Read a Nutrition Label While Staying Heart Healthy!

- Serving size
 - The nutrition label is based on the amount of nutrients for one serving of food. Be careful- 1 serving does not necessarily mean "the whole container!"
- Fat *
 - Your fat intake should range between 50-75g per day. Less than 15g of fat should come from saturated or trans fats.
 - Choose foods with less than 5g fat per serving.
 - Avoid foods with more than 3g saturated or trans fat per serving.
 - Choose foods with heart healthy, mono- and poly-unsaturated fats.
*based on a 2000cal diet
- Sodium
 - Choose foods with less than 300mg of sodium per serving. Your sodium intake should range between 1500-2400mg per day.
- Total Carbohydrate
 - Choose foods with less than 15g sugar per serving.
 - Choose foods that are higher in fiber. Your fiber intake should range between 25-30g per day.

Reference- The ADA Nutrition Care Manual