

# Label Reading Tips for a Better Diet

## SERVING SIZE

Check the serving size. The nutritional information on the label is based on that portion.

## TOTAL FAT

For a “low fat” food: Choose foods that have **3 grams of fat or less per 100 calories**.

## SATURATED FATS

Raise blood cholesterol. Limit these to less than a TOTAL of **7%** of daily calories when you add up everything you consume.

## TRANS FATS

The Food and Drug Administration (FDA) requires food companies to list *trans* fat content separately on the Nutrition Facts panel of all packaged foods.

Nutrition labels listing any measurable (at least 0.5 gram per serving) amount of *trans* fat in a separate line in the total fat section under saturated fat.

**Watch:** A product can have up to 0.5 grams of *trans* fat and still be considered 0 gm, therefore it does not mean that the product is necessarily *trans* free. You must read the ingredient list for partially hydrogenated vegetable oil.

## CHOLESTEROL

American Heart Association recommends that you limit your average daily cholesterol intake to **less than 300 milligrams**. If you have heart disease, limit your daily intake to less than **200 milligrams**.

## SODIUM

Watching your diet for **Sodium** for a health issue? **A limit of 2000mg per day is a common goal.** Some label reading tips for this level are:

- (1) Choose **single food items that are 140mg** or less.
- (2) Plan **meals with less than 500mg** of sodium.

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## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving

Calories 250                      Calories from Fat 110

**% Daily Value\***

**Total Fat** 12 g                      **18%**

Saturated Fat 3 g                      **15%**

*Trans* Fat 3 g

**Cholesterol** 30 mg                      **10%**

**Sodium** 470 mg                      **20%**

**Total Carbohydrate** 31g                      **10%**

Dietary Fiber 0g                      **0%**

Sugars 5g

**Protein** 5g

Vitamin A                      **4%**

Vitamin C                      **2%**

Calcium                      **20%**

Iron                      **4%**

\*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400 mg	2,400mg	
Total Carbohydrates		300g	375g	
Dietary Fiber		25g	30g	

NOTE: Numbers on the Nutrition Facts label may be rounded for labeling (no decimal points listed).



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