

NUTRITION FACTS

What do you know about this helpful little label?

Beware Heart Stoppers!

Use the listings for **saturated fat**, **trans fat**, **cholesterol**, and **sodium** to protect your heart from foods that may do damage, choosing items with low levels of these elements.

The % Daily Value (DV) is your friend here. 5% or less is low, while 20% or more is high.

Get the Good Stuff!

Choose foods that are good sources of **fiber**. After all, fiber can aid weight loss, help lower cholesterol, aid the control of blood sugar, and it keeps your digestive system on track.

Are there **nutrients** in the food you're examining? Check the bottom of the label for the % DV of vitamins and minerals!

Calorie and Portion Size:

The top of the Nutrition Facts Label is loaded with great information. Check out the **servicing size**. Does it match the size of the serving you usually eat? Often, the serving sizes we eyeball are much larger than the ones listed in the Nutrition Facts. Consider measuring your food in the serving sizes provided in order to recalibrate your expectations.

The next great piece of info at the top of the label is the **servings per container**. Many manufacturers sneakily assert that a single candy bar or bottle of soda actually contains 2 or more servings. Does that match your eating habits? How do the **calories per serving** add up as the portions get larger? Servings per container is also important in terms of mindless snacking. Have you ever brought a bag or box of food over to your TV or computer and found that you ate way more than you meant to? Consider portioning out a single serving instead of snacking directly from the bag.

