TOOLBOX
THE FACTS ON FOOD LABELS

Cool-E knows that learning to make healthy food choices means reading food labels. Here are some of the things to look for when you read the Nutrition Facts section on the back of packaged foods and drinks.

Start With The Servings

Start reading here. Compare the **serving size** to how much you actually eat. Here, if you eat the whole container, you are getting twice the nutrients listed on the label.

Limit These, Please

Select foods that are low in **saturated fat**, *trans* **fat**, and **cholesterol** to help reduce your risk of heart disease.

Limit the amount of **sodium** you eat each day to reduce your risk of high blood pressure.

Sugars add calories without nutrients. Avoid foods that list added sugars as one of the first few items in the ingredients list.

Load Up On This Stuff

Select foods that are high in nutrients like **fiber**, **Vitamin A**, **Vitamin C**, **calcium**, and **iron** for a healthy heart and body.

Make better food choices by comparing how many nutrients you will get for the calories.

Count The Calories

Calories show how much energy the food will supply to your body. Remember that unused calories get stored as fat.

The **calories from fat** section shows the amount of energy that comes from the fat in the food. Only 10% to 30% of your total calories for the day should come from fat.

Try The Guide

The **% Daily Value** shows the recommended amount that people should eat of each nutrient listed (fat, carbohydrates, vitamins, and minerals) based on a 2000 calorie diet. The %DV can help you determine if a food is low in a nutrient (5% or less) or high in a nutrient (20% or more).

Nutrition Facts

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

Amount Per Serving

Calories 250   Calories from Fat 100

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 10g	

Vitamin A	8%
Vitamin C	5%
Calcium	10%
Iron	7%

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g