



NUTRITION LABEL SAVVY

This displays specific nutrition label information (per serving size) that the Food and Drug Administration considers most important to your health. This is only intended for general reference. Consult a Registered Dietitian for advice on your individual needs.

Nutrition Facts	
Serving Size 1 cup (240mL) Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Trans Fat	
Cholesterol 15mg	6%
Sodium 480mg	20%
Potassium 330mg	9%
Total Carbohydrates 14g	6%
Dietary Fiber 1g	
Sugars 2g	
Protein 6g	6%
Vitamin A 25%	Vitamin C 140%
Calcium 4%	Iron 4%
Average daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower according to 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

CALORIES:

- ▶ Most nutrition labels are based on a 2,000 calorie daily diet.
- ▶ Check serving size.

CALORIES FROM FAT:

- ▶ The amount of calories provided from fat.

% Daily Value:

- ▶ Nutrient content per serving as a %.

TOTAL FAT:

- ▶ 1500 calorie diet = 50 grams of fat recommended per day
- ▶ 1800 calorie diet = 60 grams of fat recommended per day
- ▶ 2000 calorie diet = 67 grams of fat recommended per day

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NUTRITION

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SATURATED FAT: Less than 10% of calories from saturated fat. These fats congregate in foods such as well-marbled meats, whole-milk dairy products and palm, palm kernel and coconut oils. Tends to raise LDL (bad cholesterol). Solid at room temperature.

POLYUNSATURATED FAT: 10% of your daily calories. Found in items such as corn, soybean, sunflower, and sesame seed oils and certain fish. Helps to lower LDL (bad cholesterol).

MONOUNSATURATED FAT: Between 10 and 13% of your caloric intake. Found in foods such as avocados and olive, peanut, canola and certain fish oils. Helps to lower LDL (bad cholesterol).

TRANS FAT: Not more than 1% of total daily calories: "Partially hydrogenated oil". Raise LDL cholesterol and lower HDL cholesterol. Trans fats are often found in french fries, doughnuts, cookies and crackers.

CHOLESTEROL: No more than 300mg per day.

SODIUM: No more than 2,300mg per day (1 tsp salt)

POTASSIUM: The FDA recommends 3,500 mg of potassium per day. Potassium is found in foods such as bananas, lima beans, poultry, avocados and dairy products.

TOTAL CARBOHYDRATES: Up to 300 grams of carbohydrates per day. Carbohydrates are found in bread, pasta, rice, fruits and vegetables.

DIETARY FIBER: 25 grams of fiber per day. Fiber is found in bran, whole grains and most fruits and vegetables.

SUGARS: Because sugars are mostly empty calories, a daily value % is not given.

PROTEIN: 10% of daily caloric intake from protein for adults and children over four. Helps build muscle. Found in meats, eggs, nuts, fish and dry beans.

Note: In setting these amounts, the US Food and Drug Administration assumed an average diet of 2,000 calories a day. This amount may be twice as much as most women need in a day.

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