EAT SMART
WITH FOOD NUTRITION LABELS
The Nutrition Facts label can help you make healthier choices.
Here’s what to look for:

**Start with serving information.**
This will tell you the size of a single serving and how many servings are in the package.

**Check total calories.**
Do the math to know how many calories you’re getting if you eat the whole package.

**Limit certain nutrients.**
Compare labels when possible and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat.

**Get enough of beneficial nutrients.**
Eat foods with nutrients your body needs, including calcium, dietary fiber, iron, potassium and vitamin D.

**Understand % Daily Value.**
- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV—(20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood.