

UNDERSTANDING

The Nutrition Facts Label



American
Heart
Association.



SERVING SIZE

This will help you determine the right portion size and the total number of portions per package.



FATS

Replacing foods that are high in saturated fat with healthier options can lower blood cholesterol levels and improve lipid profiles.



CARBOHYDRATES

Carbohydrates (carbs) have the biggest impact on your blood sugar. Lower your carb count by eating a smaller portion size.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories

230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CALORIES

Information in the label is based on a diet of 2,000 kcal per day. Calorie needs vary depending upon age, gender, activity level, and goals.



SODIUM

Eating less sodium reduces risk of heart attack, stroke, kidney disease, osteoporosis, stomach cancer and even headaches.



NUTRIENTS

Labels include nutrient measurements in milligrams. Check here to find recommended daily values.

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You're not in this alone. For more information please visit <https://www.heart.org/en/health-topics/diabetes>.