

## 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>.