EAT SMART WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices. Use it!
Here’s what to look for:

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

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

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

4. **Get enough of beneficial nutrients.**
   Eat foods with nutrients your body needs, like calcium, choline, dietary fiber, iron, magnesium, potassium, and Vitamins A, C, D and E.*

5. **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/EATSMA