

Heart-Healthy Eating: Label Reading Tips

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Nutrition Facts	
Serving Size 1/2 cup (57g)	
Servings Per Container 15	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 250mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Look for the following on the food label:

- **Serving size:** All the information on the label about calories and nutrients is for one serving. If you eat more than one serving, you get more calories and nutrients.
- **Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal. (Too many calories leads to weight gain.)
- **Total fat, saturated fat, and trans fat:**
 - Choose foods with less than 5 grams (g) of total fat per serving. Fifty to 75 grams per day is a good range for someone who needs to eat 2,000 calories per day. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).
 - Choose foods with less than 3g per serving of saturated fat and trans fat. (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 15 grams of saturated fat and trans fat (combined) in one day.
 - Read ingredients. If a food contains partially hydrogenated oils, then it has trans fat. (If it has less than half a gram per serving, the label may still say trans fat-free.)
- **Sodium:** Look for foods that are low in sodium. Each day, eat less than 2,400 mg sodium (or the limit set for you by your health care team).
- **Total carbohydrate and sugars:** If you have high triglycerides, choose foods with less than 30g total carbohydrate and less than 15g sugars per serving.
- **Dietary fiber:**
 - Aim to get 25 to 30 grams of dietary fiber each day.
 - To meet this goal, include foods with at least 5g fiber per serving.



This handout may be duplicated for client education.