

# HEALTHY HABITS

## FOR FAMILIES



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THE CHILDREN'S CENTER



### Nutrition Labels – What You Need To Know

### Parent Tip Sheet #7

Nutrition Facts		
Serving Size 1 slice (47g) Servings Per Container 6		
Amount Per Serving		
Calories 180      Calories from Fat 90		
		% Daily Value*
Total Fat 10g		15%
Saturated Fat 2.5g		11%
Trans Fat 2g		
Cholesterol 0mg		0%
Sodium 300mg		12%
Total Carb 15g		5%
Dietary Fiber less than 1g		3%
Sugars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 4%	
Calcium 45%	Iron 6%	
Thiamin 8%	Riboflavin 6%	
Niacin 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

- Limit **saturated fats, trans fats, cholesterol, and sodium**
- Look for good amounts of **potassium, fiber, vitamins A and C, calcium, and iron**
- Use the Percent Daily Value (% DV) column when possible; 5% DV or less is low, 20% DV or more is high

The National Heart Lung and Blood Institute recommend these guidelines:

- Check servings and calories. Look at the serving size and how many servings the package contains. If you consume one serving, the label clearly outlines the nutrients you get. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).
- Make your calories count. Look at the calories on the label and note where the calories are coming from (fat, protein, or carbohydrate). Compare them with

the other nutrients, like vitamins and minerals, to decide whether the food is worth eating.

- Don't sugar-coat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.
- Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake to between 20 to 35% of total calories.



***Did you know? Bread crust contains powerful antioxidants and nutrients. Avoid trimming the beneficial crust!***

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