Research has shown that eating a well-balanced, nutritious diet reduces the risk of coronary heart disease, stroke, some cancers, and osteoporosis. And the grocery store shelves are full of foods with packaging promising to help do that. But it's important to take a close look — beyond the promises — at the nutritional values, ingredients, and calorie counts in the food you buy, and to understand how they factor into your family's healthy eating. Food labels provide this information and allow you to make smart choices to help meet your family's nutritional needs.

USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

Calories count, so pay attention to the amount.

Look for foods that are rich in these nutrients.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* 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
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Know your fats and reduce sodium for your health.

Reach for healthy, wholesome carbohydrates.

For protein, choose foods that are lower in fat.

The % Daily Value is a key to a balanced diet.

For more information about healthy eating and physical activity, contact VHS's Physical Activity Counselor by calling (415) 647-3666.

Nutrition label information modified from Eating Better Using the Nutrition Facts Label brochure at www.cfsan.fda.gov/~acrobat/nutfacts.pdf