

Heart Healthy Label Reading

Locate the Nutrition Facts Table

The nutrition facts table is easy to find and read. It is found on most foods especially those that are packaged. The information in this table can help you in choosing healthier options and managing your blood sugar levels.

Look at the Serving Size

- The serving size may not be the same as the portion you are planning to eat.
- You will need to multiply or divide the amounts in the table if you are eating more or less of the serving size on the label.
- **Example: 1 cup = 25g of carb, 2 cups = 50g or 0.5 cup = 12.5g**

% Daily Value

- Is the % of a nutrient present based on a 2000 calorie diet.
- Use this to compare labels not to calculate your needs for the day.
- To compare labels, look for more % in fibre, vitamins, protein and less % of fat, cholesterol, and sodium.
- **Rule of thumb: <5% is a little of a nutrient and >15% is a lot**

Saturated Fat

- Choose foods with a lower amount of saturated fat.
- Choose foods with less than 2g per serving or <5% DV saturated fat.

Trans Fat

- Choose foods with a lower amount of saturated fat.
- Choose foods with 0g per serving when possible.

Fibre

- Choose foods with a higher amount of fibre.
- Eating more fibre can help lower total and LDL cholesterol levels.

Ingredient List

- Ingredients in the food are listed by weight from most to least.
- Components such as sugar, fat, and salt may be listed using different words. For example, sugar may be listed as dextrose, fructose, sucrose, or corn syrup.

| Nutrition Facts | | |
|------------------------------|---------------|----------------------------|
| Serving 1 cup (28g) | | |
| Amount per serving | Cereal | With 1/2 cup 2% Milk |
| Calories | 110 | 170 |
| | % Daily Value | |
| Fat 0 g† | 0 % | 4 % |
| Saturated 0 g + Trans 0 g | | |
| Cholesterol 0 mg | 0 % | 3 % |
| Sodium 190 mg | 8 % | 10 % |
| Potassium 25 mg | 1 % | 6 % |
| Carbohydrate 25 g | 8 % | 10 % |
| Fibre 1 g | | |
| Sugar 3 g | | |
| Protein 2 g | | |
| Vitamin A | 0 % | 8 % |
| Vitamin C | 0 % | 0 % |
| Calcium | 0 % | 15 % |
| Iron | 25 % | 25 % |
| Vitamin D | 0 % | 25 % |
| Thiamine | 45 % | 50 % |
| Niacin | 8 % | 10 % |
| Vitamin B ₆ | 10 % | 15 % |
| Folate | 8 % | 10 % |
| Pantothenate | 6 % | 10 % |
| Manganese | 15 % | 15 % |

† Amount in cereal.