

5 Steps for Heart-Healthy Food Label Reading

1. Locate the serving size of the item first.
2. Choose items with less than 5 grams of total fat, 2 grams of saturated fat and 0 grams trans fat.
3. Choose items with under 140mg of sodium per snack and under 600 mg per meal.
4. Aim to get 25- 30 grams of fiber/day. Choose items with at least 5 grams of fiber.
5. Limit added sugars to 25 grams/day for women and 37 grams/day for men.

Nutrition Facts			
1 Serving Size Serving Per Container			
Amount per serving			
Calories		Calories from Fat	
		% Daily Value*	
2 Total Fat			
Saturated Fat	0 g	0 %	
Trans Fat	0 g	0 %	
3 Cholesterol 0 g 0 %			
4 Sodium 0 g 0 %			
5 Total Carbohydrate 0 g 0 %			
Dietary Fiber	0 g	0 %	
Sugar	0 g	0 %	
Protein	0 g	0 %	
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	0 %

*Percent Daily values are based on 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.

Understanding Sodium Terms

You can quickly identify foods with less sodium by checking nutrient claims on their packaging. Here is a guide to common sodium claims and their meanings.

WHAT IT SAYS	WHAT IT MEANS
Sodium free or salt free:	less than 5 mg of sodium per serving
Very low sodium:	35 mg of sodium or less per serving
Low sodium	140 mg of sodium or less per serving
Reduced or less sodium:	at least 25% less sodium than the regular product
Light sodium or "lightly salted":	at least 50% less sodium than the regular product
Unsalted or no added salt	No extra salt has been added

