



Women & Heart Disease
Providence Heart Institute

How to Read Food Labels

Calories

Use the calorie section for weight control guidelines. This means:

Small to medium snack = 50-150 cal

Large snack = 150-250 cal

Regular meal = 350-500 cal

Large meal = 500-700 cal

Fat

The American Heart Association recommends that you limit your saturated fat intake to 7-10 % of total calories (or less) each day. Trans fat should be avoided. *Look for foods with 2-3 grams of fat or less per serving.*

Sodium

Packaged foods can be sneaky in sodium content, so check the label carefully. If using canned vegetables, rinse them or buy the "no salt added" version. A side dish should contain less than 300 mg and a main dish should contain less than 800 mg. *Look for foods with less than 300 mg of sodium per serving.*

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
		Calories	250
		Calories from Fat	72
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		10%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	21g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			2%
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	55g	80g	
Sat Fat	Less than	20g	25g	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Serving Size

Be sure to pay attention to the suggested serving size **AND** how many servings there are per container.

Dietary Fiber

Fiber is an essential part of a healthy diet. You should consume 20-35 grams of fiber each day, including both soluble and insoluble fiber. For example:

Bread and crackers should have at least 3 g of fiber per serving.

Cereal should have 5-6 g of fiber per serving.

Sugars

Look for foods with 10 grams of sugars or less per serving.

Measuring Sugar

4 grams = 1 teaspoon of sugar or 1 packet of sugar

1 gram of sugar = 4 calories



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