

UNDERSTANDING

# The Nutrition Facts Label



**SERVING SIZE**

This will help you determine the right portion size and the total number of portions per package.



**FATS**

Replacing foods that are high in saturated fat with healthier options can lower blood cholesterol levels and improve lipid profiles.



**CARBOHYDRATES**

Carbohydrates (carbs) have the biggest impact on your blood sugar. Lower your carb count by eating a smaller portion size.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



**CALORIES**

Information in the label is based on a diet of 2,000 kcal per day. Calorie needs vary depending upon age, gender, activity level, and goals.



**SODIUM**

Eating less sodium reduces risk of heart attack, stroke, kidney disease, osteoporosis, stomach cancer and even headaches.



**NUTRIENTS**

Labels include nutrient measurements in milligrams. Check here to find recommended daily values.

**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.**

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)