## UNDERSTANDING
The Nutrition Facts Label

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

### 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.

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

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

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

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

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### 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](http://KnowDiabetesbyHeart.org/join)