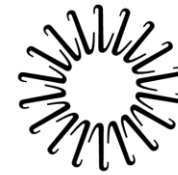




Food Labels



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

Center For Cardiac
Fitness

Cardiac Rehab Program

The Miriam Hospital

Label reading

- When should you read labels?
- What is important to look for on a label?
- Is reading the front of a package en



Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 **Start Here** →

2 **Check Calories**

3 **Limit these
Nutrients**

4 **Get Enough
of these
Nutrients**

5 **Footnote** <

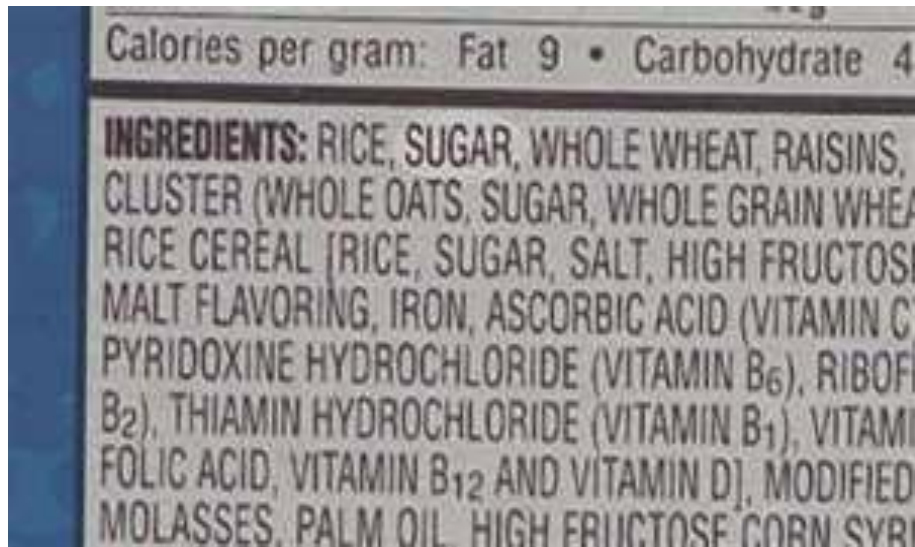
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Quick Guide to % DV

- 5% or less
is Low
- 20% or more
is High

Ingredient list

Listed in order from most to least!



Cholesterol	Less than 2,400mg	2,400mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

** Intake of trans fat should be as low as possible

INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFATING AGENT), AND GARLIC POWDER.

What else should you look for?

- Allergy information if you have allergies
- 8 most allergenic foods required



Meaningless health claims!

- Lightly sweetened
- A good source of fiber
- Strengthens your immune system
- Made with real fruit
- Made with whole grains
- All natural

Symbols you can trust



Points to remember

- Always read food labels
- Look for % daily values (5 – 20%)
- Compare foods at the grocery store
- Don't be swayed by package claims
- Look for healthy ingredients

