nutritional information that follows is based on that portion.

- **total fat**
  - For a low-fat food, choose foods that have 3 grams of fat or less per 100 calories.

- **saturated fats**
  - These raise blood cholesterol. Choose foods with 1 gram of saturated fat or less per 100 calories.

- **trans fats**
  - The Food and Drug Administration (FDA) requires food companies to list trans fat content separately on the Nutrition Facts panel of all packaged foods.
  - Nutrition Facts are required to list any measurable (at least 0.5 gram per serving) amount of trans fat in the total fat section below saturated fat. Be careful: those less than half gram portions can add up even through they’re not listed on the label.

- **cholesterol**
  - The American Heart Association recommends that you keep your average daily cholesterol intake to less than 300 milligrams. If you have heart disease, or an LDL cholesterol level over 100mg/dL, limit your daily intake to less than 200 milligrams.

---

**Nutrition Facts**

**Serving Size 8 oz. (228g)**

**Serving Per Container 2**

- **Calories**
  - 250
  - Calories from fat 110

- **Total Fat**
  - 12g
  - % Daily Value* 18%

- **Saturated Fat**
  - 3g
  - 15%

- **Trans Fat**
  - 3g
  - 15%

- **Cholesterol**
  - 30mg
  - 10%

- **Sodium**
  - 470mg
  - 20%

- **Total Carbohydrate**
  - 31mg
  - 10%

- **Dietary Fiber**
  - 0g
  - 0%

- **Sugars**
  - 5g

- **Protein**
  - 4g

- **Calcium**
  - 1%

- **Vitamin A**
  - 1%

- **Vitamin C**
  - 0%

- **Iron**
  - 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Vital Stats**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250</td>
<td>10%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>31mg</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Vital Stats (Daily Value)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Daily Values**

<table>
<thead>
<tr>
<th>Key nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>100mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>30g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

NOTE: Numbers on the Nutritional Facts label may be rounded for labeling (no decimal points listed.)

---

**grains**

- whole grain bread, crackers, tortillas, cereal, pasta
- oatmeal, barley, brown rice, bulgur
- air popped popcorn
- baked tortilla chips

Choose processed grain products with low or no saturated fat and without partially hydrogenated oils.

Limit intake of cookies, pastries, chips.

**fruits**

- fresh fruits
- canned fruits in juice or light syrup
- plain frozen fruits, preferably without added sugars
- 100% fruit juices
- include a serving of fruit at each meal for dessert in place of sweets

**vegetables**

- fresh vegetables
- canned vegetables, preferably no salt added
- plain frozen vegetables without cream sauces
- aim for 2–3 cups of vegetables a day
- fill half your plate with vegetables
- serve cooked vegetables without butter

**protein**

- kidney, black, pinto, soy, garbanzo beans
- tofu
- almonds, walnuts, peanuts
- pumpkin, sunflower, sesame seeds
- cod, flounder, halibut, salmon, light tuna, tilapia
- crab, mussels, oysters, shrimp
- skinless chicken or turkey breast, thigh
- bottom-round roasts/strips
- beef brisket, top sirloin steak
- eye round roasts/strips
- 90-95% lean ground beef or turkey
- pork tenderloin, pork loin roast/chops
- keep meat portions to 3 ounces

**dairy**

- choose reduced fat, low fat or fat free/don’t options:
  - milk
  - cottage cheese
  - yogurt
  - pudding
  - ice cream
- substitutes and “cheeses” made from soy, rice, etc.

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GiantFoodStores.com
Fat is an essential nutrient that provides 9 calories of energy per gram and helps transport fat-soluble vitamins (A, D, E, K). Eating less fat will also reduce your calorie intake, which helps maintain a healthy weight and may reduce your risk for cancer and heart disease.

The American Heart Association recommends Americans limit fat calories to no more than 30% of total daily calories and saturated fat calories to less than 7%.

**The skinny on fats**

**the 30% guideline**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat Calories (no more than 30% of calories)</th>
<th>Daily Fat Grams (no more than 30% of calories)</th>
<th>Saturated Fat Grams (less than 7% of calories)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1600</td>
<td>480</td>
<td>53g</td>
<td>12g</td>
</tr>
<tr>
<td>2000</td>
<td>600</td>
<td>65g</td>
<td>15g</td>
</tr>
<tr>
<td>2200</td>
<td>660</td>
<td>73g</td>
<td>17g</td>
</tr>
<tr>
<td>2500</td>
<td>750</td>
<td>80g</td>
<td>19g</td>
</tr>
</tbody>
</table>

Fat naturally occurring dietary fats

- Omega-6 fatty acids: linoleic acid (an omega-6 fatty acid)
- Omega-3 fatty acids: alpha-linolenic acid (an omega-3 fatty acid)
- Omega-9 fatty acids: oleic acid (an omega-9 fatty acid)

**Comparison of selected fats and oils**

All fats and oils are a combination of saturated, polyunsaturated and monounsaturated fatty acids.

**Types of fatty acid**

- **Saturated fats**
  - Raises LDL (bad) cholesterol & total cholesterol
  - Sources: whole milk, butter, cheese, red meats, palm & palm kernel oil, coconut, coconut milk & oil

- **Polyunsaturated**
  - Omega-6
    - Lowers total cholesterol
    - Sources: cottonseed, soybean, corn, safflower oils
  - Omega-3
    - Lowers triglycerides & total cholesterol
    - Sources: tuna, mackerel, salmon, walnuts, flaxseed oil, pumpkin seeds, soybeans, tofu, canola oil

- **Monounsaturated**
  - Lowers total cholesterol, spares HDL (good) cholesterol
  - Sources: olives, olive oil, canola oil, peanut oil, cashews, almonds, peanuts

- **Trans fats**
  - Raises total cholesterol & LDL (bad) cholesterol
  - Sources: partially hydrogenated oil in stick margarines, vegetable shortenings, non-dairy creamers, some snack foods and baked goods

**Fatty acid composition (%)**

<table>
<thead>
<tr>
<th>Fatty Acid</th>
<th>Canola Oil</th>
<th>High Oleic Safflower Oil</th>
<th>Safflower Oil</th>
<th>Flaxseed Oil</th>
<th>Sunflower Oil</th>
<th>Corn Oil</th>
<th>Olive Oil</th>
<th>Soybean Oil</th>
<th>Peanut Oil</th>
<th>Cottonseed Oil</th>
<th>Lard</th>
<th>Palm Oil</th>
<th>Coconut Oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linoleic</td>
<td>21</td>
<td>14</td>
<td>7</td>
<td>16</td>
<td>71</td>
<td>57</td>
<td>1</td>
<td>10</td>
<td>33</td>
<td>33</td>
<td>54</td>
<td>51</td>
<td>91</td>
</tr>
<tr>
<td>Linolenic</td>
<td>11</td>
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<td>1</td>
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<td>1</td>
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<td>9</td>
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<td>9</td>
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<td>2</td>
</tr>
<tr>
<td>Oleic</td>
<td>61</td>
<td>77</td>
<td>14</td>
<td>18</td>
<td>16</td>
<td>29</td>
<td>75</td>
<td>23</td>
<td>48</td>
<td>47</td>
<td>39</td>
<td>28</td>
<td>7</td>
</tr>
</tbody>
</table>

**Calories**

- Fat calories (no more than 30% of calories)
- Daily fat grams (no more than 30% of calories)
- Saturated fat grams (less than 7% of calories)