

label reading

servicing size

Check the serving size. The nutrition 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 a separate line in the total fat section below saturated fat. Be careful: those less than half gram portions can add up even though they're not listed on the label.

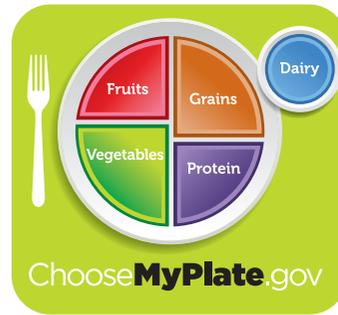
cholesterol

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) 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 31mg	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 4g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

	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 Carb		300g	375g
Dietary Fiber		25g	30g

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



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

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/steaks
beef brisket, top sirloin steak
eye round roasts/steaks
90-95% lean ground beef or turkey
pork tenderloin, pork loin roasts/chops
keep meat portions to 3 ounces

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

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

dairy

choose reduced fat, low fat or fat-free/skim options:
milk
cheese
cottage cheese
yogurt
pudding
ice cream
substitutes and "cheeses" made from soy, rice, etc.



the skinny on fats



the skinny on fats

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 30% guideline

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)
1600	480	53g	12g
2000	600	65g	15g
2200	660	73g	17g
2500	750	80g	19g

All fats are not created equal. Choose fats that promote heart health like those found in nuts, avocados, olive oil and salmon



types of fatty acid

The building blocks of dietary fats

type	potential effects	sources
monounsaturated	lowers total cholesterol, spares HDL (good) cholesterol	olives, olive oil, canola oil, peanut oil, cashews, avocados, almonds, peanuts
polyunsaturated		
omega-6	lowers total cholesterol	cottonseed, soybean, corn, safflower oils
omega-3	lowers triglycerides & total cholesterol	tuna, mackerel, salmon, walnuts, flaxseed oil, pumpkin seeds, soybeans, tofu, canola oil
saturated fats	raises LDL (bad) cholesterol & total cholesterol	whole milk, butter, cheese, red meats, palm & palm kernel oil, coconut, coconut milk & oil
trans fats	raises total cholesterol & LDL (bad) cholesterol	partially hydrogenated oil in stick margarines, vegetable shortening, non dairy creamers, some snack foods and baked goods

comparison of selected fats and oils

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

naturally occurring dietary fats

fatty acid composition (%)

canola oil	7	21	11	61
high oleic safflower oil	8	14	1	77
safflower oil	10	76	*	14
flaxseed oil	9	16	57	18
sunflower oil	12	71	1	16
corn oil	13	57	1	29
olive oil	15	9	1	75
soybean oil	15	54	8	23
peanut oil	19	33	*	48
cottonseed oil	27	54	*	19
lard	43	9	1	47
palm oil	51	10	*	39
butter	68	3	1	28
coconut oil	91	2		7

saturated fats



polyunsaturated fats

linoleic acid
(an omega-6 fatty acid)



alpha-linolenic acid
(an omega-3 fatty acid)



* trace

monounsaturated fats

oleic acid
(an omega-9 fatty acid)

