

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.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	13%
Dietary Fiber	4g	14%
Total Sugars	12g	
Includes 10g Added Sugars		20%
Protein	3g	
Vitamin D	2mcg	10%
Calcium	260mg	20%
Iron	8mg	45%
Potassium	235mg	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).