

Label Reading Basics

Which foods will help improve blood cholesterol?

Reading food labels is a good skill for choosing heart-healthy foods.

Servings

- **Serving Size:** Information on the label is for one serving. When you compare two foods, make sure the serving sizes are the same.
- **Servings Per Container:** There may be many servings in a package. More than one serving means more calories and nutrients.

Fats

- **Saturated Fat:** Too much saturated fat is not heart-healthy. Choose foods with less than 4 grams of saturated fat per serving.
- **Trans Fat:** Trans fats are damaging to the heart. Choose foods with 0g trans fat.

Carbohydrates:

- **Added Sugars:** Too much added sugar can increase triglycerides. These sugars are not naturally found in the food and are added in processing. Choose foods with less than 10g of added sugar per serving.
- **Dietary Fiber:** Fiber can help lower blood cholesterol. Try to eat a total of 25-30g of fiber daily.

Ingredients

- **Finding Trans Fat:** Foods with “partially hydrogenated” oils in the ingredients list have trans fat.
- **Choosing Whole Grains:** Look for **whole** wheat flour as the first ingredient on bread labels.

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.

★ **Ingredients:** Enriched wheat flour (wheat flour, iron, Vitamin B₁, folic acid), high-fructose corn syrup, vegetable oil (canola and soybean oil, partially hydrogenated palm kernel oil), sugar, salt, raisins, cornstarch, whole grain oats, baking soda, artificial flavor, caramel color

For more information, please visit our website at: www.uwhealth.org/nutrition.

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