

## How to read labels

**Serving Size:** This can be tricky. How much are you really eating? Is your serving the same size as the one on the label? Remember if you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

**Calories:** Are you underweight? Are you overweight? Adjust your calories accordingly. Look here to see how a serving of the food adds to what you need. A 5'4", 138-lb. active woman needs about 2,200 calories each day. A 5'10", 174-lb. active man needs about 2,900. How about you?

**Daily Value:** This number is not as individualized but it does give you something to go on. The Daily Value can be your guide. Remember The Daily Values are listed for people who eat 2,000 or 2,500 calories a day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower. For fat, saturated fat, cholesterol and sodium, choose foods with a low% Daily Value. For total carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is usually to reach 100% of each but it all depends on you. You might need fewer carbohydrates.

**Total Fat:** Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. We want to be sure we are not getting any more than 20% of our total calories from fat. The closer the total calories are to the calories from fat the higher the product is in fat content.

**Total Carbohydrate:** We want plenty of carbohydrates but not all carbs are created equal. Carbohydrates are in foods like bread, potatoes, fruits and vegetables. Choose Vegetables and fruits often but be careful with grains and starches. You might not need as many of these. Carbs are a major source of nutrients and energy.

**Dietary Fiber:** This is where we often fail. We need to get enough fiber every day. That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

**Protein:** Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. We want to eat small servings of protein at a time. Be sure if you are eating meat you are eating small servings of lean meat, fish and poultry that are antibiotic free. If you are using dairy products like milk, yogurt and cheese, make sure they are organic. Try vegetable proteins like beans, grains and cereals.

**Vitamins & Minerals:** Your goal here is 100% of each for the day. These are the minimal amounts you need to stay alive. Many may need much more than 100%. Use this a guide to be sure you are getting a food that has value.