



HEALTHY LABEL GUIDELINES

Total fat - 3 grams or less

Cholesterol - 15 mg or less

Saturated fat - 1 gram or less

Sugar - 3 grams or less

Sodium - 120 mg or less

Fiber - 5 grams or **more**

DECODING TERMINOLOGY

Label says “made with whole grains”

- *a product need only have a whole grain in the ingredient list
- *still could be made primarily of white flour and loaded with sugar
- *look for **whole wheat** as the first ingredient

Label says “zero trans fat...”

- *check for saturated fats - manufacturers add saturated fat in order to reduce trans fat, saturated fat is not as harmful as trans, but it can hike your cholesterol up
- *products can legally claim “zero trans fat” if they have only trace amount of it.
- *remember trace amounts can add up if you eat a lot of the product.
- * there is no allowable amount of trans fat - any amount is unhealthy

Label says “may reduce the risk of heart disease”



- *statements like these are backed with significant scientific research - just remember all claims of “may reduce the risk of heart disease” are true only if you eat a healthy diet overall

Label says “helps maintain...”

- * be cautious - claims such as this are supposed to be true, they are not evaluated for accuracy by the FDA

Label says “good source of...”



- * look beyond the claim



- *“good source” means a food provides 10 percent of the Daily Value for the nutrient named - while “excellent source” means you are getting 20 percent

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Label says “low”, “reduced” or “free”

*you should give this food preference

*used to refer to sugar, sodium or fat and is a sign that this product is better for you

*”free” means there is less than half of gram

*”reduced” means there is at least 25 percent less per serving

* “low” is 3 grams or less

Smart Eating Rule: Use the 2:90 rule which stands for 2 grams of fiber for 90 calories.

Healthy Eating!

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