Sample Food Label: What It's Telling You.

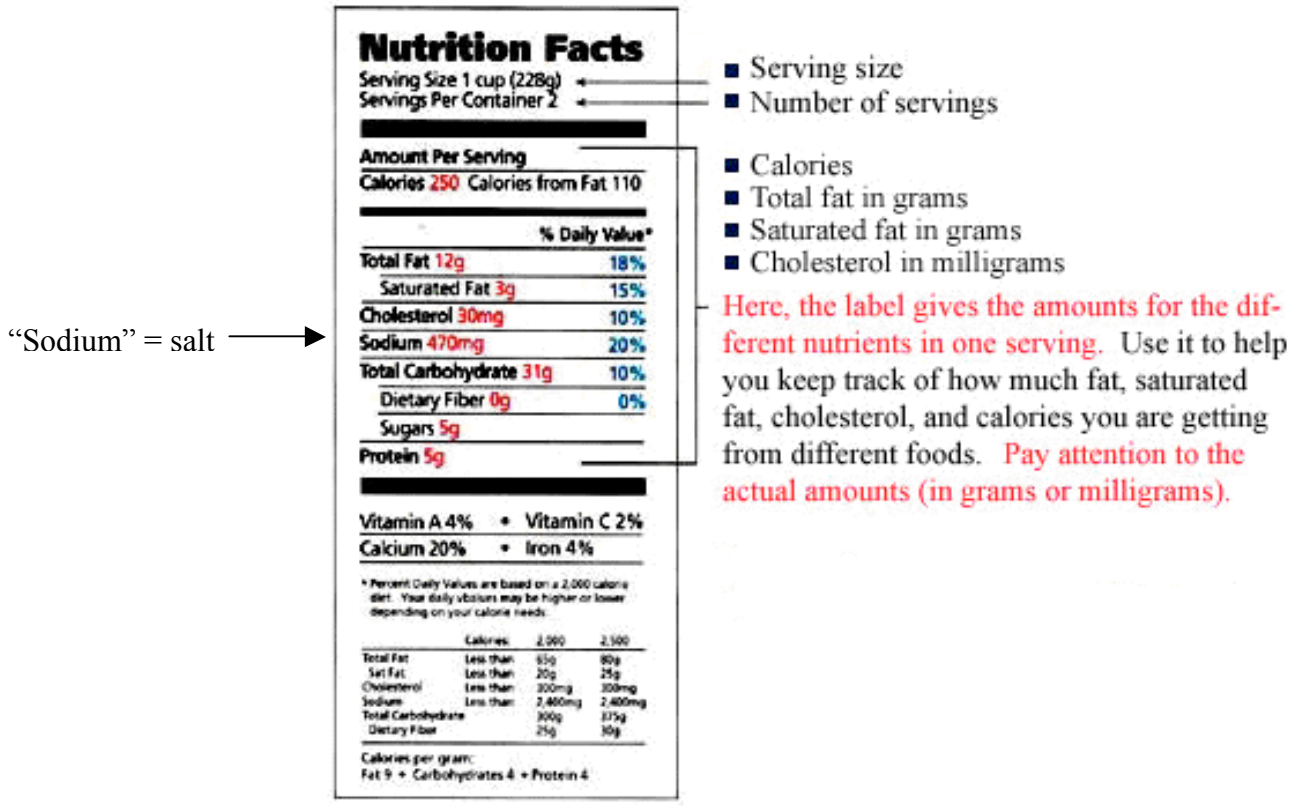
Reading food labels can help you choose foods low in saturated fat, total fat, cholesterol, and calories. Food labels have two important parts: **nutrition information** and an **ingredients list**.

Read the nutrition information.

Look for the amount of saturated fat, total fat, cholesterol, and calories in a serving of the product. Compare similar products - like cereals, breads or snack items - to find the one with the least amounts. If you have high blood pressure, do the same for salt (sodium).

Look at the ingredients.

All food labels list the product's ingredients in order by weight. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last. **So, to choose foods low in saturated fat or total fat, limit your use of products that list any fat or oil first - or that list many fat and oil ingredients.** If you are watching your salt intake, do the same by looking at the sodium content.



Source:
National Institutes of Health - http://www.nhlbi.nih.gov/chd/Tipsheets/readthelabel.htm

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

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