Tips for Using the Nutrition Facts Label

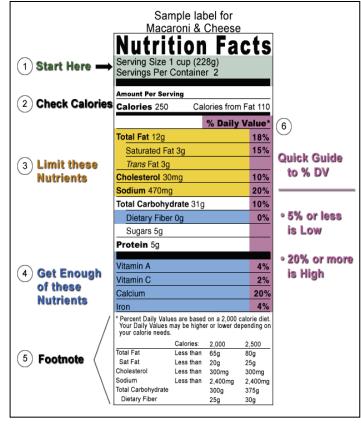
Here are some tips for reading the label and making smart food choices:

Check servings and calories.

Compare this to how many servings you are actually eating.

Eat less sugar. Look for foods and beverages low in added sugars. Names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Look for foods low in saturated and *trans* fats, and cholesterol, to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils.



Reduce sodium (salt) and increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. If you are age 51 or older, African American, or have hypertension, diabetes, or chronic kidney disease, aim to eat 1,500 milligrams of sodium each day—about ³/₄ teaspoon.

To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables, and fat-free and low-fat milk products, that are sources of potassium, including sweet potatoes, white potatoes, white beans, plain yogurt, prune juice, and bananas. These can help reduce some of sodium's effects on blood pressure.

Sources: Dietary Guidelines for Americans, *A Healthier You*, Part III. <u>http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm</u>

National Heart, Lung, and Blood Institute (NHLBI), *We Can!* Energize Our Families—Parent Program: A Leader's Guide, pages 114–115. http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf