



## Reading Labels for a Healthy Heart

### What to check for:



1. **Amount** – Nutrition Facts information is for the amount listed. Compare this amount to how much you eat
2. **Calories** – choose lower calorie foods to help manage your weight
3. **Daily Value** – check the % Daily Value to see if a food has a little or a lot of a nutrient: 5% or less is a little  
15% or more is lot
4. **Key nutrients**

Nutrition Facts			
Per 1 slice (40g)			
Amount	% Daily Value		
<b>Calories</b> 100			
<b>Fat</b> 1.5 g	<b>3 %</b>		
Saturated 0 g + Trans 0 g	<b>0 %</b>		
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 170 mg	<b>7 %</b>		
<b>Carbohydrate</b> 17 g	<b>6 %</b>		
Fibre 5 g	<b>19 %</b>		
Sugars 1 g			
<b>Protein</b> 5 g			
Vit A	0 %	Vit C	0 %
Calcium	2 %	Iron	8 %

**Fat** – choose foods with:

- Less than **3 g** Saturated fat per serving
- **0 g** Trans fat

*Total fat* should be less than 60 g/day women, 70g/day men

**Cholesterol** – is found only in animal foods. Aim for less than 200 mg/day

**Sodium (salt)** – per serving:

- Choose foods with **less than 5%** (120mg)
- Limit foods with **more than 15%** (360mg)

Aim for 2000 mg/day or less. 1 tsp of salt contains 2300mg of sodium

**Fibre** – look for foods with **more than 4 g** fibre per serving

- Amount needed is 21-38 g/day; 25-50 g/day if you have diabetes

**Sugars** – include both natural and added sugars. **4g = 1 tsp sugar**

- Choose brands of food with less sugar per serving
- Limit added sugar to **less than:**

24g (6 tsp)/day women

36g (9 tsp)/day men



5. **Ingredient list** - ingredients are listed by weight from the most to the least

- Limit foods with added sugars near top of the list (eg. glucose, corn syrup...)
- Limit foods that contain **hydrogenated** oil and **shortening**
- Look for whole or sprouted grain. *Enriched wheat flour* means white flour