



Read Labels, know healthy.

Nutrition labels can be hard to interpret and even seem a little sneaky.

It's important to understand them so you can make healthy, better-for-you food choices. Understanding how to use nutrition information is a great way to make sure you're getting a balanced diet - so start looking at those labels!

Here's a guide to help make the process a little easier.

Serving size - Pay attention to how much is in a serving — the amounts listed are for one serving only, not necessarily the whole package.

Check calories - make them count. Multiply the calories by the number of servings you plan to eat and decide if the nutrients you'd get are worth the calories. Forty calories or less is low for a serving, 100 calories is moderate and 400 calories is high.

Total fat - keep it low. Make most of your food choices low-fat. But also know it's not healthy to cut out fat altogether — rule of thumb try to stick to three grams or less per serving.

Know your fats - Focus on choosing healthy fats in moderation. They are liquid at room temperature, such as olive and canola oil, and protect your heart. Shy away from or limit unhealthy fats. They are typically solid at room

temperature, such as saturated fat and Trans fat, and play a role in heart disease and type 2 diabetes.

Dietary fiber - fit it in. Choose foods with at least three grams of fiber per serving. Aim for 20-35 grams of dietary fiber a day.

Calcium - get enough. Most healthy adults need 1,000 mg a day. To convert the % Daily Value to milligrams, just drop the % and add a zero: 30% = 300mg.

What does this mean?

Reduced fat: 25% less fat than the regular brand

Light: 50% less fat than the regular brand

Low fat: Less than three grams of fat per serving

Low sodium: Less than 140mg per serving

For more healthy eating tips visit yumpower.com
or healthpartners.com/healthlibrary.

