

The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

It's easier to make healthier choices at the grocery store if you know how to read nutrition labels.

Nutrition Facts	
Serving Size 1/4 Cup (30g)	
Servings Per Container About 38	
Amount Per Serving	
Calories 200	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Pay attention to the serving size and how many servings you're really eating.

Check total calories per serving. If you double your servings, you double your calories.

Limit these. Keep your total fat to less than 56-78 grams a day, your saturated fat to less than 16 grams, trans fat to less than two grams and cholesterol to less than 300 mg.

Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

Quick guide to % Daily Value

– This shows how much of the daily recommended amount of each nutrient is in a single serving; 5 percent or less is low, 20 percent or more is high.