

Know Your Numbers: Week 3

Understanding Food Labels

SERVING SIZE AND CALORIES

Beware the number of serving sizes! You must multiply the Calories and the Serving Per Container to get the total number of calories in the package of food.

LIMIT THESE NUTRIENTS

Saturated and Trans Fat contribute to heart disease and artery blockage if eaten in excess. Limit sodium to less than 2400 mg/day.

GET ENOUGH OF THESE

Aim for 25-35g of fiber per day for optimal gastrointestinal health, proper digestion, and blood sugar regulation.

DAILY VALUE RECOMMENDATIONS

WEEKLY GOAL

PAY ATTENTION TO FOOD LABELS THIS WEEK AND TRY TO LIMIT SODIUM INTAKE TO 2400 MG/DAY

Nutrition Facts

Serving Size 3 oz. (85g)
Serving Per Container 2

Amount Per Serving

Calories 200 Calories from Fat 120

% Daily Value*

Total Fat 15g **20 %**

Saturated Fat 5g **28 %**

Trans Fat 3g

Cholesterol 30mg **10 %**

Sodium 650mg **28 %**

Total Carbohydrate 30g **10 %**

Dietary Fiber 0g **0 %**

Sugars 5g

Protein 5g

Vitamin A 5% • Vitamin C 2%

Calcium 15% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300mg	375mg
Dietary Fiber			25g	30g

Conozca sus números: Semana 3

Comprendiendo las etiquetas de los alimentos

TAMAÑO DE LA PORCIÓN Y CALORÍAS

¡Cuidado con la cantidad de tamaños de las porciones! Usted debe multiplicar las calorías y la porción por envase para obtener el número total de calorías en el paquete de comida.

LIMITE ESTOS NUTRIENTES

Las grasas saturadas y grasas trans contribuyen a la enfermedad del corazón y obstrucción de las arterias si se come en exceso. Limite el sodio a menos de 2400 mg/día.

OBTENGA SUFICIENTE DE ESTOS

Trate de consumir 25-35 g de fibra por día para una óptima salud gastrointestinal, digestión adecuada y regulación del azúcar en la sangre.

VALOR DIARIO RECOMENDACIONES

META SEMANAL

PRESTE ATENCIÓN A LAS ETIQUETAS DE LOS ALIMENTOS ESTA SEMANA Y TRATAR DE LIMITAR EL CONSUMO DE SODIO A 2400 MG/DÍA

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