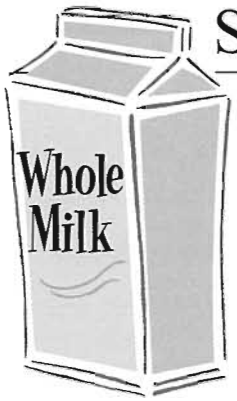
Read the Food Label To Choose Foods Lower in Saturated Fat, *Trans* Fat, and Cholesterol



Food labels tell you what you need to know about choosing foods that are lower in saturated fat, *trans* fat, and cholesterol. Here's a food label for a carton of whole milk. The label tells you:

Whole Milk

Nutrition Facts

Serving Size 1 cup (fl. oz)
Servings Per Container 8

Amount Per Serving

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 6% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

Amount Per Serving
The nutrient amounts are for one serving. So, if you have more than one serving, you need to add the corresponding nutrient amounts. For example, if you drink 2 cups of whole milk, you are drinking two servings. You would need to double the amount of calories, saturated fat, *trans* fat, and cholesterol.

Nutrients
Here are the amounts of saturated fat, *trans* fat, and cholesterol in one serving. These amounts are given in grams (g) or milligrams (mg).

Serving Size and Number of Servings
The serving size is 8 fluid ounces (1 cup). There are eight servings in this carton.

Percent Daily Value
The Percent Daily Value helps you compare products. Choose products with the lowest Percent Daily Value for saturated fat and cholesterol. If you have high blood cholesterol, you should eat less saturated fat, *trans* fat, and cholesterol. A doctor or registered dietitian can help you with this.

The Choice Is Yours—Compare!

Which one would you choose?

Except for calories and saturated fat, fat-free milk has all the nutrients of whole milk, including the calcium. That makes fat-free milk a better choice! Read food labels, and choose products to keep your heart strong.

Calories 150 Calories from Fat 70

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%

Whole Milk

One cup of whole milk has 25 percent of the Daily Value of saturated fat. This is one-fourth of the total amount of saturated fat that you should have in 1 day. This is too much!

Calories 90 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%

Fat-Free Milk

One cup of fat-free milk has no saturated fat. You can learn a lot from a food label.

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