



# Read the Food Label To Choose Foods Lower in Saturated Fat



Food labels tell you what you need to know about choosing healthier options. Here’s a food label for a carton of whole milk.

## 1. Serving Size and Number of Servings

The serving size is 8 fluid ounces (1 cup). There are two servings in this carton.

## 2. Amount Per Serving

The nutrient amounts are for one serving. So, if you have more than one serving, you need to add nutrient amounts. For example, if you drink 2 cups of milk, you’re drinking two servings. You would then double the amount of calories and saturated fat.

## 3. Percent Daily Value

The Percent Daily Value helps you compare products. Just make sure the serving sizes are the same. The goal is to consume no more than 100% of the nutrients in one day.

## 4. Nutrients

Here is the amount of saturated fat in one serving. This amount is in grams (g). Have no more than 16g in one day for a 2,000 calorie diet.

### Whole Milk

<b>Nutrition Facts</b>			
2 servings per container			
Serving size		1 cup (244g)	
	Per serving	Per container	
<b>Calories</b>	<b>150</b>	<b>300</b>	
	% DV*	% DV*	
<b>Total Fat</b>	8g <b>10%</b>	16g <b>21%</b>	
<b>Saturated Fat</b>	4.5g <b>23%</b>	9g <b>45%</b>	
<i>Trans Fat</i>	0g	0g	
<b>Cholesterol</b>	25mg <b>8%</b>	50mg <b>17%</b>	
<b>Sodium</b>	105mg <b>5%</b>	210mg <b>9%</b>	
<b>Total Carbs.</b>	12g <b>4%</b>	24g <b>9%</b>	
Dietary Fiber	0g <b>0%</b>	0g <b>0%</b>	
Total Sugars	12g	24g	
Incl. Added Sugars	0g <b>0%</b>	0g <b>0%</b>	
<b>Protein</b>	8g <b>16%</b>	16g <b>32%</b>	
Vitamin D	3.1mcg 15%	6.2mcg 30%	
Calcium	276mg 20%	552mg 40%	
Iron	0.07mg 0%	0.14mg 0%	
Potassium	322mg 6%	644mg 15%	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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



## Read the Food Label To Choose Foods Lower in Saturated Fat (continued)

### 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. Read food labels, and choose products to keep your heart strong. Calcium-fortified alternatives such as soymilk have lower fat and provide calcium; however, they may not provide the other nutrients found in milk.

#### Whole Milk

The goal is to consume no more than 16g of saturated fat in one day. One cup of whole milk contains 4.5g of saturated fat, so that one cup of whole milk contains about one-fourth of the total amount of saturated fat limit per day.

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 105mg	<b>5%</b>

#### Fat-Free Milk

One cup of fat-free milk has 0.1 gram of saturated fat. You can learn a lot from a food label.

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0.1g	<b>1%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> < 5mg	<b>2%</b>
<b>Sodium</b> 100mg	<b>4%</b>