

# Living Well Tip of the Week

**People who read food labels consume less fat than those who don't** *(National Cancer Institute)*

## Nutrition Facts

1	Serving Size 1 cup (228g) Serving Per Container 2
2	Amount Per Serving Calories 250    Calories from Fat 110
	%Daily Value*
3	Total Fat 12 g    18% Saturated Fat 3g    15% Cholesterol 30 mg    10% Sodium 470 mg    20%
	Total Carbohydrate 31g    10%
	Dietary Fiber 0g    0%
	Sugars 5g
	Protein 5g
4	Vitamin A    4% Vitamin C    2% Calcium    20% Iron    4%
	*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    300g    375g
	Dietary Fiber    25g    30g

## Understanding Food Labels

- Serving Size:** Pay attention to the serving size, including how many servings there are in the food package.
- Calories & calories from fat:** Eating too many calories per day is linked to overweight and obesity.
- Limit these nutrients:** Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases.
- Get enough of these:** Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, & iron in their diets.
- Quick guide to percent of daily value:** 5% or less is Low, 20% or more is high.

For more information on food labels visit the nutrition center on our Living Well Health Manager powered by WebMD at [www.webmdhealth/ut](http://www.webmdhealth/ut) and select "Living Healthy"