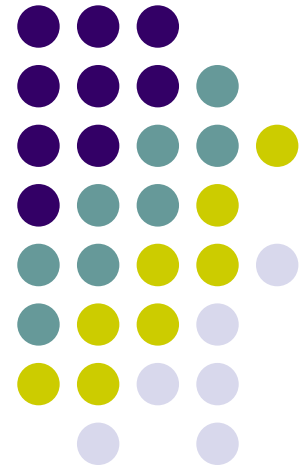




Label Reading

Cardiopulmonary Rehabilitation
Nutrition Class

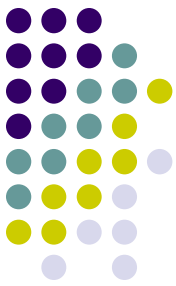


bellinhealth



Objectives

- Participants will be able to read food labels and identify foods to help them fit into a heart-healthy lifestyle.
- Participants will be able to compare food labels to determine which foods contain higher or lower amounts of nutrients.



Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*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
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300 mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

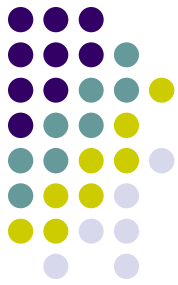
- Nutrition Facts labels are required on most packaged foods
- It doesn't have to be confusing!



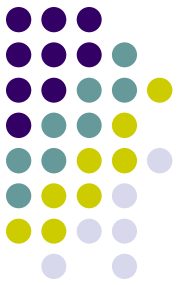
Serving Size

- Serving sizes are common household measurements and are the same for similar products.
- The label tells you what the serving size is and the nutrients that are in one serving of the food.
- The label also tells you how many servings are in the entire container.

Nutrition Facts	
Serving Size 4 oz. (113g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 130
<hr/>	
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 24g	
<hr/>	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



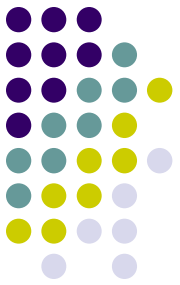
Note: If you eat more than one serving of a food the nutrients you eat also increase. For example, if you eat this entire package, you would have to multiply each number by 4 because there are 4 servings in the container.



Calories

- This is the amount of calories in one serving.
- Multiply the calories in one serving by the number of servings you eat to determine how many calories you are eating.
- Calories are a measurement of the energy in food.

Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings Per Container 4			
Amount Per Serving			
Calories 280	Calories from Fat 130		
<hr/>			
	% Daily Value*		
Total Fat 14g	22%		
Saturated Fat 3.5g	18%		
Trans Fat 2.5g			
Cholesterol 120mg	40%		
Sodium 640mg	27%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 24g			
<hr/>			
Vitamin A 2%	• Vitamin C 2%		
Calcium 2%	• Iron 6%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	<small>Calories</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<hr/>			
<small>Calories per gram:</small>			
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>			

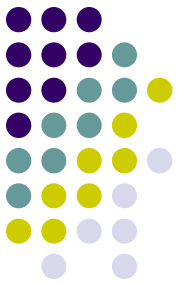


Saturated Fat

- Saturated fat is a part of the total fat. This fat raises LDL cholesterol.
- Keep saturated fat to less than **14 grams** per day for men and less than **12 grams** per day for women.

Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings Per Container 4			
Amount Per Serving			
Calories 280		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g			22%
Saturated Fat 3.5g			18%
Trans Fat 2.5g			
Cholesterol 120mg			40%
Sodium 640mg			27%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 24g			
Vitamin A 2%	•	Vitamin C 2%	
Calcium 2%	•	Iron 6%	
*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

- Foods high in saturated fat: butter, cream, fatty and processed meats, cheese, egg yolks, shortening.



Trans Fat

- Trans fats increase LDL cholesterol and lower HDL cholesterol.
- Keep this number as close to **zero** as you can.

Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings Per Container 4			
Amount Per Serving			
Calories 280	Calories from Fat 130		
% Daily Value*			
Total Fat 14g	22%		
Saturated Fat 3.5g	18%		
Trans Fat 2.5g			
Cholesterol 120mg	40%		
Sodium 640mg	27%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 24g			
Vitamin A 2%	• Vitamin C 2%		
Calcium 2%	• Iron 6%		
*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	85g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

- Foods high in trans fat: stick margarine, deep-fried foods, baked goods, chips, cake mixes.
- Trans fat may be listed on the ingredient list as **partially hydrogenated oil**.



Nutrition Facts

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Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

% Daily Value*

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Protein 24g

Vitamin A 2% • Vitamin C 2%

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Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

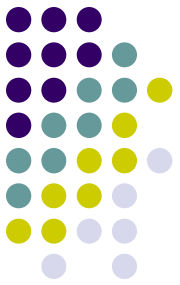
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Sodium

- Try to keep your sodium between **1500-2000 mg/day**.
- Aim for foods with less than **300mg** per serving.
- Sodium can affect your blood pressure and is often higher in processed foods.

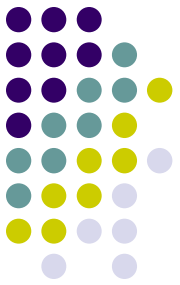


Nutrition Facts	
Serving Size 4 oz. (113g)	
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Amount Per Serving	
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% Daily Value*	
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Saturated Fat 3.5g	18%
Trans Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 24g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Daily Values

- Percent daily value is a guide to the nutrients in one serving. This is based on someone who eats 2000 calories per day.
- Rule of thumb: If a food has **5% or less**, it's considered to be **low** in that nutrient. If a food has **20% or more**, it's considered to be **high** in that nutrient.



Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 130**

	% Daily Value*
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Saturated Fat 3.5g	18%
Trans Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 24g	

Vitamin A 2% • Vitamin C 2%
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Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

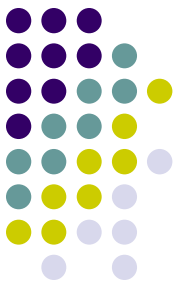
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Vitamins and Minerals


- Try to eat a variety of foods to get **100%** of these every day.



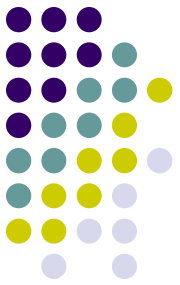


Food Ingredients

- Listed from largest to smallest amounts (by weight)



Cholesterol	200mg	300mg
Sodium	Less than 2,400mg	2,400 mg
Total Carbohydrate	300g	375g
Fiber	25g	30g
Calories per gram:		
Fat	9	Carbohydrate 4 • Protein 4
** Intake of trans fat should be as low as possible		
INGREDIENTS: WHOLE WHEAT AND WHEAT FLOUR, SALT, SPICES, RICE FLOUR, WHEY, CORN STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONCALCIUM PHOSPHATE), BEET POWDER, PAPRIKA, CALCIUM SULFATE, NON-FAT MILK POWDER, EXTRACT OF PAPRIKA, DEHYDRATED EGG YOLK, CARAMEL COLOR (TREATED WITH SULFITING AGENT), AND GARLIC POWDER.		



Label Claims

- Definition: Claims that can be used on food and dietary supplement labels
- Claims can be very confusing; read the food label for more information
- “Sugar Free”
- “Low Sodium”
- “High Fiber”
- “Reduced Fat”





Comparing Food Labels

Butter

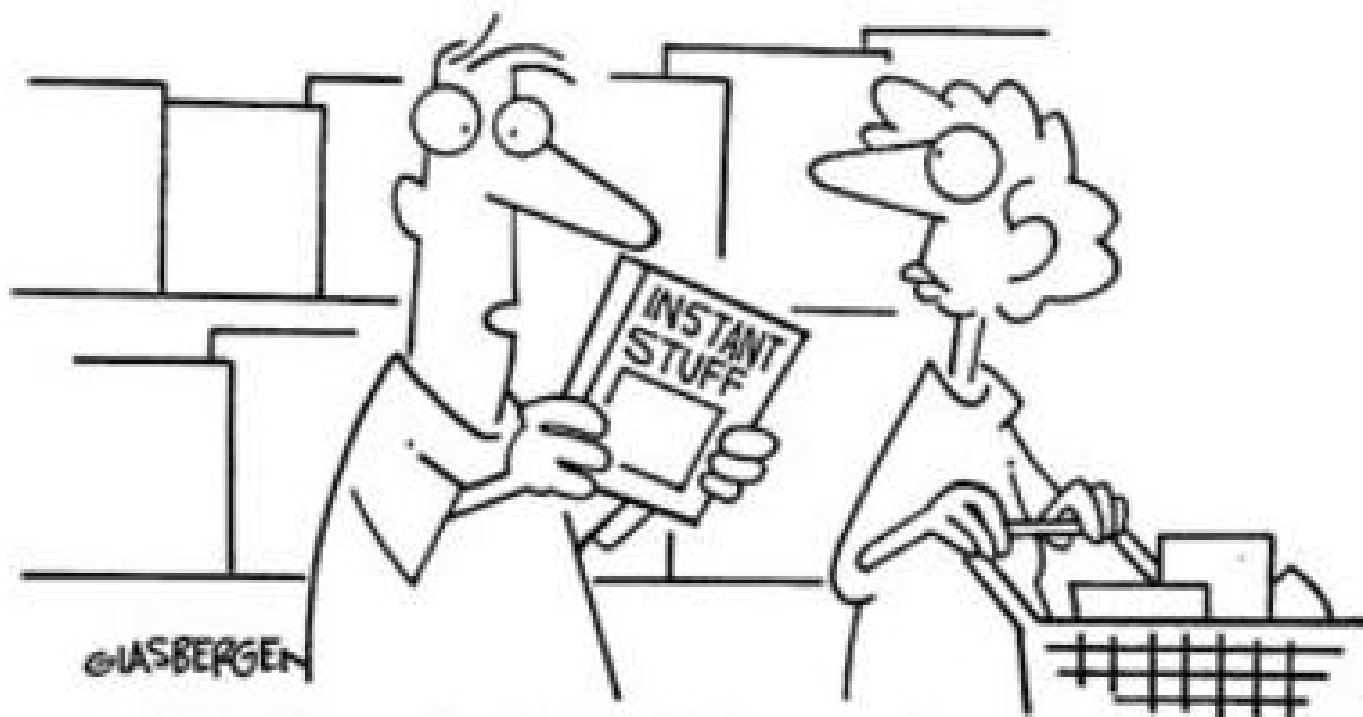
Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g ←	35%
Trans Fat 0g ←	
Cholesterol 30mg	→ 10%

Margarine (stick)

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g ←	10%
Trans Fat 3g ←	
Cholesterol 0mg	→ 0%

Margarine (tub)

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 60	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g ←	5%
Trans Fat 0.5g ←	
Cholesterol 0mg	→ 0%



**“Finally, a food label I can understand!
Each serving contains 10 grams
of fat and 5 grams of thin.”**

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