

HeartHealth
foodplus



**THE
NUTRITION
LABEL
"5"**

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

1 The serving section gives you the single-serving size and the total number of servings.

2 Pay attention to the number of calories per serving and how many servings you are having. Double the serving = double the calories.

3 Each day: no more than 11–13 grams of saturated fats; as little trans fats as possible; and no more than 1,500 mg of sodium.

4 Dietary fibers, proteins, calcium, iron, vitamins and other nutrients are part of a healthy diet.

5 Percent Daily Values give you the percent of each nutrient in a single serving.

02/09/17

