



# GENERAL NUTRITION INFORMATION

## Prescription for Improving Healthy Body Status

Whether you are looking to lose a few pounds, improve your overall health or just want to know how you can improve your diet, knowing more about nutrition is important.

**Did you know people with healthy eating habits live longer and are at lower risk of having heart attacks, strokes, and dementia.**

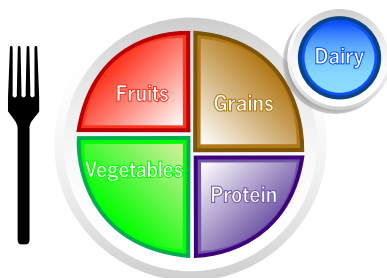
### Eating for a healthy heart

- Reduce your portions
- Eat less salt
- Avoid saturated fat
- Eat more fruits and veggies
- Eat less sugar

## What can you do to improve your eating habits?

### Know healthy portions!

Each time you eat a meal you should divide your plate into quarters. One quarter each for fruit, veggies, whole grains and lean protein. Add a side of low-fat dairy to every plate. Try to avoid getting seconds or filling your plate up more than once.



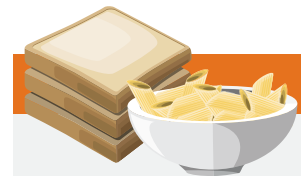
### Foods you want to eat most often.



**Fruit:** When it comes to fruit, fresh or frozen is best. Fresh and frozen fruits don't contain extra sugar. If you prefer canned fruit, try to get fruit "packed in its own juice" rather than "with heavy or light syrup." This will help reduce the amount of added sugar in the fruit.



**Veggies:** Fresh or frozen are best here too. If you prefer prepackaged, get veggies that are frozen without added sauces instead of canned. Most canned veggies contain extra salt which makes your body hold on to water. If you choose canned veggies, be sure to get ones with no or low added salt.



**Grains:** Rice, bread, and pasta. Brown grains tend to be healthier than white grains. Try to eat foods that contain "whole grains." Some examples would be whole wheat bread or pasta or brown rice.



**Protein:** Lean protein is best. Lean protein has less fat which is better for your weight. Try to eat skinless chicken or fish instead of higher fat cuts of meat such as ribs, t-bone steak, or regular hamburger. If you prefer these other options, once in a while is ok, but trim off the fat or choose leaner options.



**Dairy:** A glass of low fat milk with each meal is great. But if you don't like milk, try a side of low-fat yogurt or cottage cheese.

# Reading a Food Label for General Health

**New Label / What's Different?**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

**Servings: larger, bolder type**

**Serving sizes updated**

**Calories: larger type**

**Daily Values Updated**

**New: added sugars**

**Change in some nutrients required**

**Actual amounts declared**

**New footnote**

\* 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.

## Total fat, saturated fat, and trans-fat:

- Choose foods with less than 5 grams (g) of total fat per serving. For someone who needs to eat **2,000 calories** per day, 50 g to **75 g** per day is a good range.
- Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).
- Choose foods with less than **2 g** per serving of saturated fat and 0 g of trans fat. These are not heart healthy. A person who needs to eat **2,000 calories** per day should eat no more than **11 g to 15 g** of saturated fat in one day.
- Read ingredients listed on the label. If a food contains partially hydrogenated oils, then it has trans-fat. If it has less than half a gram per serving, the label may still say trans fat-free.

## Serving size:

The calorie and nutrient information on the label applies to one serving. If you eat more than one serving, you get more calories and nutrients.

On the label displayed, if you eat more than 2/3 of a cup of the food, you will eat more than 230 calories.

## Calories:

Choose foods that help you get the nutrients you need without going over your daily calorie goal.

Eating too many calories leads to weight gain.

## Sodium:

Look for foods that are low in sodium. Each day, eat less than **2,300 milligrams** sodium (or the limit set for you by your health care team).

## Added sugars:

In one day, women should consume less than **25 g** of added sugars and men should consume less than **37.5 g**.

## Dietary fiber:

Aim to get **25 g to 30 g** dietary fiber each day.

To meet this goal, every day choose several foods that have at least **5g** fiber per serving.