

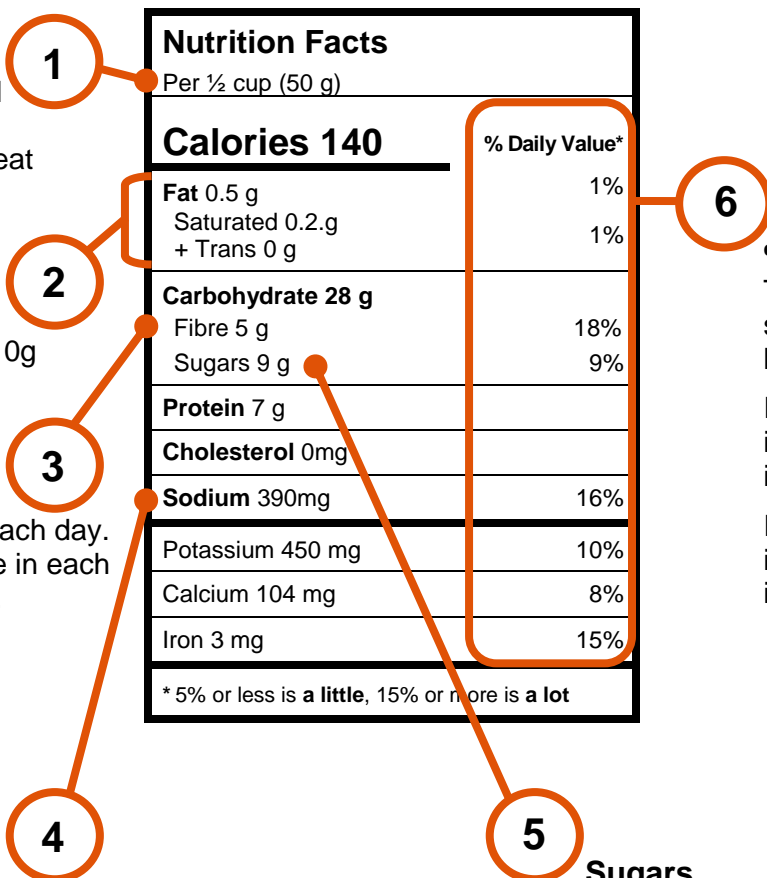
# Guide to Heart-Healthy Label Reading

Limit how much processed food you eat.

What to choose instead:

- ✓ vegetables, fresh or frozen
- ✓ fruit, fresh or frozen
- ✓ whole grains
- ✓ fish
- ✓ poultry (such as chicken and turkey)
- ✓ lean meat
- ✓ low fat dairy products
- ✓ dried beans and lentils
- ✓ unsalted nuts and seeds

## Steps to reading a Nutrition Facts table



**Serving Size**  
Pay attention to the listed serving size. Always compare how much you eat to the listed serving size.

**Fats**  
Limit saturated fat to 16g or less each day. Aim for 0g of trans fats each day.

**Fibre**  
Eat at least 30g of fibre each day. Aim for at least 4g of fibre in each serving of grain products.

**Sodium**  
Limit the amount of sodium to no more than 2000mg a day.  
(1 teaspoon of salt = 2300mg sodium)  
\*Most of the sodium we consume comes from processed foods.

**Sugars**  
Sugars found naturally in foods are okay. Avoid processed foods with added sugars. (See 'Added Sugars' to stay away from on the next page).

**% Daily Value**  
Tells you if the listed serving size has a little or a lot of a nutrient.  
If less than 5%, it means the product is low in this nutrient.  
If more than 15%, it means the product is high in this nutrient.

Nutrition Facts	
Per ½ cup (50 g)	
<b>Calories 140</b>	
<b>Fat</b> 0.5 g	<b>% Daily Value*</b>
Saturated 0.2.g	1%
+ Trans 0 g	1%
<b>Carbohydrate</b> 28 g	
Fibre 5 g	18%
Sugars 9 g	9%
<b>Protein</b> 7 g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 390mg	16%
Potassium 450 mg	10%
Calcium 104 mg	8%
Iron 3 mg	15%
* 5% or less is a little, 15% or more is a lot	

## Know your ingredients

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Always read the ingredient list on packaged foods. Choose products with whole food ingredients. Ingredients are listed from the most to the least by weight. Limit products that have unhealthy fats, added sugars, and added sodium.

Key ingredients to stay away from:

**Fats** – hydrogenated oils and shortening, coconut oil, palm or palm kernel oil

**Added Sugars** – honey, molasses, maple sugar, brown sugar, malt, glucose, glucose-fructose, sucrose, dextrose, maltose, any syrup (like agave), high fructose corn syrup (HFCS), fruit juice concentrate

**Sodium** – sodium chloride, brine, Asian condiments, monosodium glutamate (MSG), any ingredient that has salt or sodium in the name

## Know your labels

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When the labels claims...	It means...	Examples
free	The amount of the nutrient is insignificant	'sodium free' – less than 5 milligrams in each serving
low	There is a very small amount of the nutrient	'low fat' – 3 grams or less in each serving
reduced or lower	This product has at least 25% or ¼ less of the nutrient compared with a similar product	'reduced calories' – at least 25% less calories than a similar product
light	This product may be 'light' in calories, fat, weight, <u>or</u> colour – beware of products that make this claim	'light olive oil' does not mean lower in fat but is light in colour

## Don't be misled

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Food companies are allowed to use most of a food's packaging for advertising purposes. Some of this advertising can mislead consumers into thinking a food is healthy, when in fact it is not. Don't be misled by colourful food pictures, free gifts, or celebrity photos.

To learn more:

- Go to [www.healthlinkbc.ca](http://www.healthlinkbc.ca) → Click on 'Healthy Eating'.