

How Much is Enough, or Too Much?

These are good guidelines for evaluating and comparing foods based on their nutrition labels. The recommendations are for EACH DAY.

FAT

For each 100 calories in a food: —————→
 No more than 3g of total fat. —————→
 No more than 1g of saturated fat. —————→
 As little *trans* fat as possible.

CHOLESTEROL

If your doctor gives you a number, stick to it. Otherwise aim for less than 200mg per day.

SODIUM

Try to stay close to 1500mg.

FIBER

One g for each 100 calories, or:
 Women: 25-30g
 Men: 28-35g

CALCIUM

Aim for 1200mg a day.

For ages 50+, the DAILY needs are:
 Women-about 1800 calories, and
 Not more than 60g of fat per day.
 Men-about 2200 calories, and
 Not more than 75g of fat per day.

For diabetes, 15g total carbohydrate is 1 portion.

If a food contains more than 6 g of sugar alcohol the quantity must be listed in the carbohydrate section. Excess may cause diarrhea.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories	250	Calories from Fat	110
		% Daily Value	
Total Fat	12 g		18%
Saturated Fat	3g		15%
<i>Trans</i> Fat	1.5g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
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 2,400
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	325g
Dietary Fiber		25g	30g

Ingredients list: In descending order, so the higher an ingredient is on the list, the more there is of it.

Look for Whole Grain, Whole Wheat near the top.

Sugars include naturally present sugars as well as added sugars. Added sugars include honey, sugar, agave syrup, sucrose, maltose, dextrose, high fructose corn syrup, corn syrup and others.

Sugar alcohols include sorbitol, mannitol, xylitol, etc.