

HAVE YOU READ YOUR LABEL TODAY?

Use the FDA nutrition label to set and track healthy goals in March.

Strive for less than your daily value of these nutrients.

For example, if you follow a 2,000 calorie diet, your maximum daily allowance of fat is 65g. Challenge yourself to eat 55-60g of fat instead.

Strive for 100% of these nutrients everyday.

Your doctor may suggest even more than 100% of some of these nutrients depending on your age and health status.

Challenge yourself to eat the actual serving size given on the label—not the whole bag.

Your idea of a serving may actually be 2 or 3 times that on the label, which increases your daily value of each of these nutrients.

A rule of thumb: 5% or less is low 20% or more is high

Everytime you eat, write down the %DV of each of the nutrients in each food. See how close you come to 100% at the end of the day. (The label's footnote translates 100% to grams/milligrams.)

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
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	2,500
Total Fat	Less than 65g	50g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Contact your EAP Coordinator



Employee Assistance Program

WellNYS Everyday