

SHOPPING — WHAT TO LOOK FOR

Foods Lower in Calories & Fat

Use this guide to help you shop for foods that are nutritious and lower in calories and fat to help you achieve your weight goal. Learning how to read a Nutrition Facts food labels will help you save time in the store and fill your kitchen with low calorie foods.

Read labels as you shop. Pay attention to the serving size and the servings per container. All labels list total calories and fat in a serving size of the product. Compare the total calories in the product you choose with others like it: choose the one that is lowest in calories and fat. Below is a label that identifies important information.

To achieve your weight goal, you may need to eat much less than this referenced amount. For example, if you eat 1,600 calories per day, your total daily fat limit should be 53 grams of saturated fat (30 percent calories from fat) and 18 grams of saturated fat (10 percent calories from fat). If you eat 1,200 calories per day, your total daily fat limit should be 40 grams (30 percent calories from fat), and your total daily saturated fat limit would be 13 grams (10 percent calories from fat).

Nutrition Facts

Serving Size 8 oz (227 g/8 oz)			
Servings Per Container About 3			
Amount Per Serving			
Calories	180	Calories from Fat 60	
% Daily Value*			
Total Fat	6g		10%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	75mg		3%
Total Carbohydrate	26g		9%
Dietary Fiber	5g		19%
Sugars	11g		
Protein	8g		
Vitamin A	60%	Vitamin C	70%
Calcium	8%	Iron	10%
* 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		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

- Serving size
- Number of Servings

- Calories
- Total Fat in grams
- Saturated fat in grams
- Cholesterol in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how many calories and how much fat, saturated fat, cholesterol, and sodium you are getting from different foods.

The “% Daily Value” shows you how much of the recommended amounts of the food provides in one serving, if you eat 2,000 calories a day. For example, one serving of this food gives you 10 percent of your total fat recommendation.

Here you can see the recommended daily amount for each nutrient for two calorie levels. If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat. If you eat 2,500 calories a day, you should eat less than 80 grams of saturated fat. Your daily amounts may be higher or lower, depending on the calories you eat.