

Knowledge is Power

Nutrition labels and ingredient lists are helpful tools for making healthy choices when shopping. Compare labels for similar foods – it may surprise you!

What to look for on the nutrition label

Use % Daily Value as a Guide

Less than 10% is a low amount. 20% or more is a high amount.

Compare Serving Sizes

Make sure you multiply the facts below by the number of servings you will eat!

Check the Calories

Do a lot of the calories come from fat?

Eat Less Slow Fats

Too much saturated fat and trans fat can lead to heart disease. There is no safe amount of trans fat. If “partially hydrogenated” is in the ingredient list, there are trans fats in the product even if the nutrition facts list 0g.

Eat Products Low in Sodium

Too much sodium (salt) can lead to high blood pressure.

Eat More Fiber

Fiber helps you feel full, helps to maintain healthy blood sugar levels and keeps your digestive tract healthy.

Eat Less Sugar

Too much sugar can lead to type 2 diabetes, weight gain and tooth decay.

Check for Vitamins and Minerals

Does one product have more than another?

For additional information about food labels visit:

<http://www.nutrition.gov/shopping-cooking-meal-planning/food-labels>

Nutrition label courtesy of

<http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm>

Fiesta Casserole

Brown Rice (1 lb box), cooked
24 oz. low fat cottage cheese
16 oz salsa
2 – 15oz cans black beans
16oz Shredded cheese
½ Fresh cilantro, chopped
1 Tablespoon cumin
1 Tablespoon chili powder
Juice of one lime or lemon

Directions: Mix all ingredients except shredded cheese. Layer in a casserole dish with ½ package of shredded cheese in the middle. Cover and bake at 375 degrees for 30 minutes. Add other ½ package of shredded cheese on top. Bake uncovered for additional 10 minutes or until cheese is bubbly. Serve this casserole with a side of fresh salsa, chopped avocado or guacamole and a dollop of low-fat yogurt or sour cream.

Sample label for
Macaroni & Cheese

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%
Trans 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%



