

Spices of Life!

Heart Failure Awareness Week . February 14-20, 2016

Healthy Living with HF

Reading Food Labels

Food labels give important information that can help you choose low sodium foods.

Tips for Reading Labels:

Serving Size – In this example one (1) cup is the serving size. The container holds two servings. Remember if you eat the double serving listed, you will double the salt, calories and fat. If you eat one half the serving size listed, the salt and calories should be halved.

Salt is listed as "**sodium**" on the Nutrition Facts Label. This food item has 470 mg of sodium in 1 cup serving. **NOTE: Try to keep the sodium or salt in mg to 300 mg or less.**

% of Daily Value. Lists the Percentage Daily Value (% DV) in one serving of food based upon 2000 – 2500 calories consumed each day.

Tips for Reading Labels:

- **Ignore the % daily value and focus on the amount of mg sodium per serving**
- **Decreasing the total amount of sodium you consume to 2,000 milligrams (mg) per day is one of the most important ways to manage heart failure**
- **A general rule to follow:**
 - "Low sodium"=140 mg or less per serving
 - "No sodium"=less than 5 mg per serving

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How to Read a Label

① serving size

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 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

Proteins 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	80g
Saturated 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

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

③ percentage of daily value

② sodium

Recommendation:

- Limit sodium (salt) to 2,000 -3,000 mg (2-3 grams) per day
- Best to keep under 200-300 mg of sodium (salt) per serving
- Try to avoid foods with more than 400 mg of potassium
- Read food labels carefully looking for salt, sodium, sodium chloride, monosodium glutamate (MSG), brine, broth, corned or pickled
- tsp= teaspoon, tbsp= tablespoon, c= cup, pt= pint, oz= ounces, lb= pounds, sq= square, min= minute(s), hr= hour