

How to Read a Nutrition Label

The Nutrition Facts Label makes it easier for you to find out what is in the food you eat. You can use the labels to compare different foods so that you can choose foods that have less of the things you don't want and more of the things you do. The nutrition label also tells you how the food fits into an overall daily diet. It takes some practice, but once you get use to reading nutrition labels you can easily compare foods to make better choices.

1 Check the Ingredient List

Every nutrition label contains a list of ingredients beginning with the largest amount and ending with the smallest.

2 Start with Serving Size

The nutrition label tells you how many nutrients are in a certain amount of food, like 1 Tbsp. If you ate 2 Tbsp., that would be 2 servings. The label also tells you how many servings are in the entire package.

3 Check Calories

This number will tell you the amount of energy in one serving. This is important because, if you eat more energy than you use, you might gain weight.

4 Limit These Nutrients

Eating too much fat, especially saturated fat and trans fat, as well as cholesterol and sodium, may be bad for your health.

5 Balance Sugars and Fiber

Here you can find how many carbohydrate grams are in one serving. Carbohydrates can be divided into two categories: fiber and sugar. Look for foods with 3 grams of fiber or more per serving. Make sure you check the ingredient list for added sugar.

6 Protein

This number tells you how many grams of protein are in each serving.

7 Get Enough of These Nutrients

Vitamin A, Vitamin C, calcium, and iron are important vitamins and minerals that many people don't get enough of.

8 % Daily Value

These numbers are based on adult serving sizes. Use these % values only as a guide to know whether a food is high or low in something. 5% or less = low, 20% or more = high.

Nutrition Facts			
Serving Size 1 TBSP (14g)		Servings Per Container SEE BELOW	
Amount Per Serving			
Calories	80	Calories from Fat	80
		% Daily Value*	
Total Fat	8.0g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Polyunsaturated Fat	4.0g		
Monounsaturated Fat	3.0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
<hr/>			
Vitamin A	10%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin D	20%	Vitamin E	15%
Vitamin B6	35%	Vitamin B12	20%

*Percent Daily Values are based on a 2,000 calorie diet.

1 INGREDIENTS: VEGETABLE OIL BLEND (LIQUID SOYBEAN OIL, CANOLA OIL, PALM OIL, PALM KERNEL OIL) WATER, WHEY, (MILK), SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, (POTASSIUM SORBATE, CALCIUM DISODIUM EDTA) USED TO PROTECT QUALITY, VITAMIN E ACETATE, CITRIC ACID, CYANOCOBALAMIN (VITAMIN B12), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (FOR COLOR), CHOLECALCIFEROL (VITAMIN D3).

Choosing the Right Fats for a Heart-Healthy Diet

Keep an Eye on Saturated Fat, *Trans* Fat and Cholesterol!

Butter*		Margarine (stick*)		Promise® Buttery Spread (tub**)	
Nutrition Facts Serving Size: 1 Tbsp (14 grams) Serving Per Container 30		Nutrition Facts Serving Size: 1 Tbsp (14 grams) Serving Per Container 30		Nutrition Facts Serving Size: 1 Tbsp (14 grams) Serving Per Container 30	
Amount per serving		Amount per serving		Amount per serving	
Calories 100	Calories from fat: 100	Calories 100	Calories from fat: 100	Calories 80	Calories from fat: 80
% Daily Value		% Daily Value		% Daily Value	
Total Fat 11g	17%	Total Fat 11g	17%	Total Fat 8g	12%
Saturated Fat 7g	35%	Saturated Fat 2g	10%	Saturated Fat 1.5g	8%
Trans Fat 0g		Trans Fat 2g		Trans Fat 0g	
Cholesterol 30mg	10%	Cholesterol 0mg	0%	Cholesterol 0mg	0%

Saturated fat: 7g
+ Trans fat: 0g
TOTAL: 7g
Cholesterol: 10% DV

Saturated fat: 2g
+ Trans fat: 2g
TOTAL: 4g
Cholesterol: 0% DV

Saturated fat: 1.5g
+ Trans fat: 0g
TOTAL: 1.5g
Cholesterol: 0% DV

Practical tips to keep your intake of saturated fat, trans fat and cholesterol low while consuming a nutritionally balanced diet:

- **Check Nutrition Facts panel:** Use the % Daily Value as a quick guide for foods low in saturated fat, trans fat and cholesterol. Read the labels and choose the foods with the lowest combined amounts of saturated fat, trans fat and cholesterol.
- **Choose alternative fats:** Replace saturated fat and trans fat with polyunsaturated fats such as soybean oil, sunflower oil, nuts and fish, and monounsaturated fats such as olive oil and canola oil.
- **Choose fish and lean meats** such as poultry without the skin and use cooking techniques such as baking, broiling, grilling or steaming instead of frying.
- **Unilever soft spreads have approximately 70% less saturated fat** than butter, no cholesterol and 0 grams trans fat per serving.†

*U.S. Department of Agriculture, Agricultural Research Service. 2008. USDA National Nutrient Database for Standard Reference, Release 21. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnr/nd/> **Promise® Buttery Spread 60% Vegetable Oil Spread †Promise®, Country Crock®, I Can't Believe It's Not Butter® and Brummel and Brown® soft spreads range from 0-8 g fat and 0-2 g saturated fat per serving.