

Know Your Fuel Source

LABEL READING

GENERAL NUTRITION RECOMMENDATIONS WHEN CHOOSING FOODS

GENERAL TIPS

TOTAL FAT:

- Dairy, grains, snacks, desserts, soups - 3 grams total fat or less per serving
- Meat, cheese - 3 grams total fat or less per serving or per ounce
- TV Dinners - 10 grams total fat and 600 mg sodium maximum

SATURATED FAT/TRANS FAT:

- Saturated Fat – 7% of total calories max. Example-15 grams saturated fat per day maximum for a 2000 calorie diet
- Trans Fat – As close to zero as possible.
- Read ingredient list for tallow, suet, and lard. These are types of fat.

CHOLESTEROL:

- Only found in animal foods
- 300 mg cholesterol per day maximum.
- As low as possible

SODIUM:

- 2300 mg maximum per day
- 350 mg sodium maximum per serving
- 140 mg sodium per serving is considered low in sodium

SUGAR:

- The sugar listed may be naturally occurring such as lactose in milk and fructose in fruit or may be added sugar. Read the ingredient list and make sure that added sugars are not one of the first few ingredients.
- Some names for added sugars include sucrose, high fructose corn syrup, honey, maltose, molasses, corn sweeteners, corn syrup, and maple syrup.
- Keep amount of added sugar, as low as possible.
- Cereal: 6 grams sugar maximum per serving.

FIBER:

- 25 grams of fiber per day total
- 2 grams fiber minimum per serving in general
- Cereal: 4 grams fiber per serving minimum

DISCRETIONARY CALORIES:

- Foods high in fat, with added sugars, and alcohol are considered discretionary calories.
- Have high caloric value and/or minimal to no nutritional value
- 10% of total recommended daily caloric intake maximum.
Example – 150 discretionary calories per day maximum for a 1500 calories diet.

% DAILY VALUE:

- 5% or less indicates low in that nutrient
- 20% or more indicates high in that nutrient.

FOOD	NUTRIENTS TO KEY ON
Meat Fish Chicken Turkey	Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium
Dairy Milk Cheese Yogurt	Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, <u>Added Sugars</u>
Fruit	<u>Added Sugars</u>
Vegetables	Sodium, Total Fat
Grains Cereal	Total Fat, Trans Fat, Sodium, Fiber, <u>Added Sugars</u> , Whole Grain
Fats Margarine Oil Salad Dressing	Calories, Total Fat
Condiments	Calories, Total Fat, Sodium
Beverages	Calories, Total Fat, <u>Added Sugars</u>
TV Dinners	10 grams Total Fat maximum, 600 mg sodium maximum