HOW TO READ A NUTRITION LABEL for your heart

1. **SERVING SIZE**
   This gives you a sense of what an appropriate portion looks like. If you eat double the serving size, you’ll double the calories listed on the label.

2. **SATURATED FAT AND TRANS FAT**
   Aim for around 5% of your daily value of saturated fat. No trans fat is best—look for 0% and no hydrogenated oils in the ingredient list.

3. **SODIUM**
   Aim for about 5% of your daily value, or about 1,500mg a day according to the AHA. Look for products with 140mg sodium or less per serving.

4. **DIETARY FIBER**
   Fiber lowers your LDL and reduces your risk of heart disease. Look for 10-20% of your daily value or at least 2.5g per serving. Whole grains should also be listed in the ingredients.

5. **ADDED SUGARS**
   These sugars, added for sweetness, will increase calories. The AHA recommends 24g or less added sugars per day for women and 36g or less per day for men.

6. **IRON, POTASSIUM, CALCIUM, AND VITAMIN D**
   Foods low in saturated fat and sodium should also give you the nutrients you need. Look for 5% or more of your daily value of these nutrients.

**LABELS TO LOOK FOR**

**WHOLE GRAIN STAMP**
The Whole Grain Council certifies that a product has at least half a serving of whole grains.

**HEART CHECK STAMP**
The American Heart Association certifies that a product meets nutrition requirements for promoting heart health.

**GUIDING STARS**
Store-brand products and shelf tags give 1, 2, or 3 stars to mark foods as having a good, better, or best nutritional value.