

Whole Man Ministries Health Focus October 2015

Here are some tips for making the most of the information on the Nutrition Facts label:

Nutrition Facts																													
1	Serving Size 2/3 cup (55g) Servings Per Container About 8																												
2	Amount Per Serving Calories 230 Calories from Fat 72																												
	% Daily Value*																												
3	Total Fat 8g 12% Saturated Fat 1g 5% Trans Fat 0g																												
	Cholesterol 0mg 0%																												
	Sodium 160mg 7%																												
	Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 1g																												
4	Protein 3g																												
	Vitamin A 10%																												
	Vitamin C 8%																												
	Calcium 20%																												
	Iron 45%																												
5	* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.																												
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1 – The Serving Size.

This will tell you the size of a single serving and the total number of servings per container (package).

2 – Calories (and Calories from Fat).

Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

The next section of information on a nutrition label is about the amounts of specific nutrients in the product.

3 - Limit these nutrients.

AHA recommends limiting these nutrients: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little *trans* fat as possible, and no more than 1,500 mg of sodium.

4 - Get enough of these nutrients.

Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5 - Quick guide to % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

Dark Chocolate Covered Almonds	
Nutrition Facts	
Serving Size ¼ cup (40g/1.4 oz)	
Servings Per Container about 2	
Amount Per Serving	
Calories 230	Calories from Fat 140
% Daily Value	
Total Fat 16g	24%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%

Example of Serving Sizes

Oreos 3 cookies 160 cal

Crunchy Cheetos 21 pieces 150 cal

Coca Cola 8 fl oz 100 cal but we usually drink the entire 20 oz bottle, so that's 240 cal

Turkey Bacon 1 slice 35 cal but 180 mg sodium

Pork Bacon 2 slices 70 cal, 260 mg sodium

1 large egg 80 cal, but 185 mg cholesterol which is 62% DV