

Other foods

These foods have very little carbohydrates.

Vegetables *(Eat all you want of these foods, unless breaded.)*

- Artichokes
- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Snow peas
- Spinach
- Tomatoes

Protein *(Choose low-fat protein most of the time.)*

Low-fat:

- Round, sirloin, or tenderloin beef (fat trimmed)
- Chicken, without skin
- Cottage cheese
- Egg whites

- Lean ham
- Seafood
- Tofu
- Turkey

Medium-fat:

- Ground beef
- Eggs

- Mozzarella cheese

High-fat:

- Cheese
- Sausage
- Bologna
- Salami

Fats *(Choose more unsaturated fats and less saturated fats.)*

Unsaturated Fats:

- Avocado
- Nuts
- Canola, olive, peanut, corn, sunflower oils

- Mayonnaise

Saturated Fats:

- Margarine
- Cream, half & half

- Bacon

- Butter
- Coconut
- Lard
- Shortening

Using the Nutrition Facts Label

Three Easy Steps

Using the Nutrition Facts label on packaged foods and beverages to make healthy choices is as easy as 1-2-3 ... once you know the following key steps and tips!

1 Size up Servings
Pay attention to the serving size and the number of servings you eat or drink to see the total number of calories and nutrients.

2 Consider the Calories
When checking a food's calories, remember this guide:

- 100 calories per serving of an individual food is considered a moderate amount
- 400 calories or more per serving of an individual food is considered high in calories.

3 Choose Nutrients Wisely
Use % Daily Value to see if a serving of food is high or low in recommended nutrients and to compare foods.

- Try to get 100% DV of these on most days:
 - Dietary Fiber
 - Iron
 - Vitamin D
 - Potassium
 - Calcium
- Try to get **less** than 100% DV of these each day:
 - Saturated Fat
 - Sodium
 - Trans Fat*
 - Added Sugars

**Try to keep trans fat as low as possible.*

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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