Nutrition: Know the facts

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

Make your calories count.
Look at the calories on the label and compare them with the nutrients listed to decide whether the food is worth eating. When a food item has more than 400 calories per serving, it is high in calories.

Know your fats.
Look for foods low in saturated fats, trans-fats, and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% and 35% of total calories.

To get enough fiber (25 grams per day), half of your intake of grains should be whole grains, such as in whole-grain bread.

Get enough of these vitamins and minerals.

Check servings and calories.
Look at the serving size and how many servings you are actually consuming. If you eat all four servings in this package you get not 90 but 360 calories. Servings may be smaller than you think: see http://hin.nhlbi.nih.gov/portion.

Use the Percent Daily Value (% Daily Value) column when possible: 5% Daily Value or less is low, 20% or more is high.

Reduce sodium (salt), increase potassium.
Eating less than 2,300 mg of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt-shaker. Foods high in potassium include fruits and vegetables.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. 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, glucose, high-fructose corn syrup, corn syrup, and fructose.

Visit the Cleveland Clinic Journal of Medicine Patient Information pages for more tips and ideas for a healthier you and all the information you need to understand and succeed in taking care of your health.