

USING THE NUTRITIONAL LABEL TO MAKE HEALTHIER CHOICES

5-20
RULE

GO FOODS

0-100 calories

5% (or grams) or fewer of total fat, sodium, and sugar.

SLOW FOODS

100-400 calories

5-20% (or grams) of total fat, sodium, and sugar.

WHOA FOODS

400 calories or more

More than 20% (or grams) of total fat, sodium, and sugar.



GO Food Example



Grilled Chicken Breast
(3.0 oz)

Nutrition Facts

Serving Size

1 Grilled chicken breast (3 oz)

Amount Per Serving

Calories 140 **Calories** from Fat 28

% Daily Value*

Total Fat 3.1g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 74mg **25%**

Sodium 99mg **4%**

Total Carbohydrate 0mg **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 27.7g **0%**

Vitamin A 0% **Vitamin C** 0%

Calcium 1% **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1

Serving size information

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

2

Total calories per serving

Notice the calories per serving and how many servings are in the package. Try choosing Go (less than 100 calories per serving) and Slow foods (less than 400 calories per serving).

3

Limit these nutrients

Total daily allowance – no more than 11-13 grams of saturated fat, as little trans fat and sugar as possible, and no more than 1,500 mg of sodium. *Watch out for sugar and 5/20 rule. Less sugar is best.*

4

Get enough of these nutrients

Dietary fiber, protein, calcium, vitamins and other nutrients are needed every day for strong muscles and bones. Carbohydrates are energy providing nutrients. Carbohydrates should account for 45% to 65% of the calories in your diet, which is approximately 225g to 325g of carbohydrates for someone on a 2,000 calorie diet.

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.

Healthy Eating. Active Living Starts Here

Source: modified from the American Heart Association Healthy Eating Guide

TOUCH
Partnership Transforming Our Community's Health

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Whoa Food Example



Batter-dipped and
fried chicken with skin

Nutrition Facts

Serving Size

Fried Chicken (4 oz)

Amount Per Serving

Calories 294 **Calories** from Fat 134

% Daily Value*

Total Fat 14.9g **23%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 96mg **32%**

Sodium 311mg **13%**

Total Carbohydrate 10.2mg **3%**

Dietary Fiber 0.3g **1%**

Sugars 0g

Protein 28.1g

Calcium 22.6% **Potassium** 227.1mg

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