

# Food Label Tip: How to Choose Foods Low in Saturated Fat, *Trans* Fat, and Cholesterol

Eating too much saturated fat, *trans* fat, and cholesterol will raise your blood cholesterol level and increase your chances of developing heart disease.

Compare food labels of similar products and choose the ones with the lowest % Daily Value\* of saturated fat and cholesterol. In general, 5% or less is low. Twenty % or more is high. Also choose foods with no or low amounts of *trans* fat. Compare these two food labels:

## Whole Milk



Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%

## Fat-Free Milk



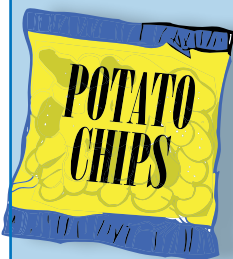
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%

These food labels are for one serving of milk: 1 cup (8 ounces).

Fat-free milk has the lowest % of saturated fat and cholesterol. It has 0% of the Daily Value of saturated fat and 2% cholesterol. Whole milk has 25% of the Daily Value of saturated fat and 12% cholesterol. Milk does not have *trans* fat.

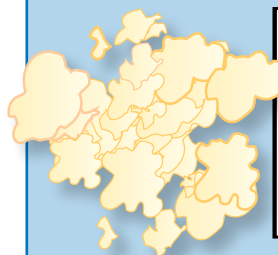
Fat-free milk is a better choice.

## Potato Chips



Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 1g	
Cholesterol 0mg	0%

## Microwave Popcorn



Calories 20	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%

These food labels are for one serving of potato chips (about 12 chips) and one serving of microwave popcorn (1 cup).

Microwave popcorn has the lowest % of saturated fat and the lowest amount of *trans* fat. It has 5% saturated fat and 0 grams of *trans* fat. Potato chips have 15% saturated fat and 1 gram of *trans* fat.

Microwave popcorn is a better choice.

\*% Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

## Choose Fat-Free Milk

Except for calories and saturated fat, fat-free milk has all the nutrients of whole milk, including the calcium. That makes fat-free milk a better choice!

Read food labels, and choose products to keep your heart strong. Calcium-fortified, lactose-free alternatives such as soy milk have lower fat and provide calcium; however, they may not provide the other nutrients found in milk.

Talk with your doctor or a registered dietitian about your specific health needs and for additional help reading food labels.



I slowly changed the milk my family drinks from whole to fat-free.



The first month I served reduced-fat (2%) milk. During the next month I served low-fat (1%) milk. Finally, I made the switch to fat-free milk. The change was so slow that my family couldn't even taste the difference.



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