

# 查看标签 为了快乐的心脏



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

- ✓ 查看“SERVING SIZE”（份量）  
标签上的信息是一份的量。  
尽量只吃一份！
- ✓ 查看“TOTAL FAT”（总脂肪）  
寻找总脂肪少于 7 克的食物  
寻找“Saturated Fat”饱和脂肪少于 2 克的食物  
寻找“Trans Fat”反式脂肪含量为 0 克的食物
- ✓ 查看“SODIUM”（SALT）（纳/盐）  
寻找钠含量低于 140 毫克的食物
- ✓ 查看“ADDED SUGAR”（添加糖）  
寻找添加糖含量为 0 克的食物

# 哪个对心脏更健康？

Nutrition Facts	
About 13 servings per container	
Serving size 1/2 cup (40g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0 g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	8%
Potassium 127mg	2%



Whole Grain Oatmeal

全麦燕麦粥

更少的脂肪  
更少的盐  
更少的糖

VS

Nutrition Facts	
About 7 servings per container	
Serving size 1 cup (40g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber <1g	3%
Total Sugars 18g	
Includes 18g Added Sugars	36%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 6.3mg	35%
Potassium 60mg	2%



Honey Ohs! Cereal

蜂蜜味麦片

更多的脂肪  
更多的盐  
更多的糖



更健康

不那么健康



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT



# 哪个对心脏更健康?

Nutrition Facts	
Serving size 1 potato (148g/5.2oz)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 499mg	10%



Baked Sweet Potato

烤红薯

更少的脂肪  
更少的盐  
更少的糖

VS

Nutrition Facts	
5 servings per container	
Serving size 1/5 pie (119g)	
Amount Per Serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 9g	45%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 24g Added Sugars	48%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 200mg	4%



Sweet Potato Pie

红薯派

更多的脂肪  
更多的盐  
更多的糖



更健康

不那么健康



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT



# 哪个对心脏更健康？

Nutrition Facts	
Servings per container	1 medium apple (182 g)
Serving size	1 medium apple (182 g)
Amount per serving	<b>95</b>
<b>Calories</b>	
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrate 25 g	8%
Dietary Fiber 4 g	16%
Total Sugars 19 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 11 mg	1%
Iron <1 mg	1%
Potassium 195 mg	6%



Whole Apple

苹果

更少的脂肪  
更少的盐  
更少的糖

VS

Nutrition Facts	
1 serving per container	
Serving size	1 pie (114g)
Amount per serving	<b>300</b>
<b>Calories</b>	
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potas. 100mg 2%



Apple Pie

苹果派

更多的脂肪  
更多的盐  
更多的糖



更健康

不那么健康



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT



本資料由美國農業部 (USDA) 之補充營養援助計劃 (SNAP) 出資。本機構提供平等機會。