

CHECK THE LABEL FOR A HAPPY HEART



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%

- ✓ **CHECK THE SERVING SIZE**
The information on the label and below is for one serving.
Aim to eat just one serving!
- ✓ **CHECK THE FAT**
Look for foods with **less than 7g TOTAL FAT**
Look for foods with **less than 2g SATURATED FAT**
Look for foods with **0g TRANS FAT**
- ✓ **CHECK THE SODIUM (SALT)**
Look for foods with **less than 140mg of SODIUM**
- ✓ **CHECK THE ADDED SUGAR**
Look for foods with **0g ADDED SUGAR**



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT



WHICH IS HEALTHIER FOR YOUR HEART?

Nutrition Facts	
About 13 servings per container	
Serving size 1/2 cup (40g)	
Amount per serving	
Calories	150
% 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%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	8%
Potassium 127mg	2%



Whole Grain Oatmeal

**LESS FAT
LESS SALT
LESS SUGAR**

VS

Nutrition Facts	
About 7 servings per container	
Serving size 1 cup (40g)	
Amount per serving	
Calories	170
% 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%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 6.3mg	35%
Potassium 60mg	2%



Honey Ohs! Cereal

**MORE FAT
MORE SALT
MORE SUGAR**



HEALTHIER!

LESS HEALTHY



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WHICH IS HEALTHIER FOR YOUR HEART?

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



Baked Sweet Potato

**LESS FAT
LESS SALT
LESS SUGAR**

VS

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



Sweet Potato Pie

**MORE FAT
MORE SALT
MORE SUGAR**



HEALTHIER!

LESS HEALTHY



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WHICH IS HEALTHIER FOR YOUR HEART?

Nutrition Facts	
Servings per container	12
Serving size	1 medium apple (182 g)
Amount per serving	
Calories	95
% 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

**LESS FAT
LESS SALT
LESS SUGAR**

VS

Nutrition Facts	
Servings per container	12
Serving size	1 Bar (57g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 25g	
Includes 19g Added Sugars	40%
Protein 1g	
Vitamin D 0.8mcg	4%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 110mg	2%



Apple Breakfast Bar

**MORE FAT
MORE SALT
MORE SUGAR**



HEALTHIER!

LESS HEALTHY



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