CHECK THE LABEL FOR A HAPPY HEART

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

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%

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.
WHICH IS **HEALTHIER** FOR YOUR HEART?

**Whole Grain Oatmeal**
- LESS FAT
- LESS SALT
- LESS SUGAR

**Honey Ohs! Cereal**
- MORE FAT
- MORE SALT
- MORE SUGAR

HEALTHIER!

LESS HEALTHY

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WHICH IS HEALTHIER FOR YOUR HEART?

Baked Sweet Potato

LESS FAT
LESS SALT
LESS SUGAR

Sweet Potato Pie

MORE FAT
MORE SALT
MORE SUGAR

HEALTHIER!

LESS HEALTHY

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WHICH IS HEALTHIER FOR YOUR HEART?

**Whole Apple**
- LESS FAT
- LESS SALT
- LESS SUGAR

**Apple Breakfast Bar**
- MORE FAT
- MORE SALT
- MORE SUGAR

HEALTHIER!

LESS HEALTHY

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