



American Heart Association®
Healthy for Good™

+

EAT

SMART+

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices. **Use it!**
Here's what to look for:



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Nutrition Facts	
6, 12, 18 or 24 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Saturated Fat 25% less than ordinary eggs: 1g vs 1.5g (quantities rounded)	

- 1 Start with serving information.**
This will tell you the size of a single serving and how many servings are in the package.
- 2 Check total calories.**
Do the math to know how many calories you're really getting if you eat the whole package.
- 3 Limit certain nutrients.**
Compare labels and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat when possible.
- 4 Get enough of beneficial nutrients.**
Eat foods with nutrients your body needs, like calcium, choline, dietary fiber, iron, magnesium, potassium, and Vitamins A, C, D and E.*
- 5 Understand % Daily Value.**
 - The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
 - To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
 - To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit **HEART.ORG/EATSMART**

EAT SMART

ADD COLOR

MOVE MORE

BE WELL

*Source: 2015–2020 Dietary Guidelines for Americans