

## Transcript

In the grocery store you have many choices in front of you. The question is: how do you make a healthy choice?

One way is to use the nutrition facts food label located on all pre-packaged products. The food label includes information about number of servings in the container; serving size and the amount of calories per serving; types of fat; carbohydrate, which includes fiber, and total sugars, and the amount of nutrients.

Let's start by looking at the serving size. All information on the nutrition facts label is based on the serving size. Compare this serving size to what you actually eat. This is important because the serving size on the package is what people typically eat and might not be the recommended serving size for you.

Let's look at calories. The label shows how many calories are in that serving size. If you are trying to limit how many calories you eat, this information can help.

Now let's look at carbohydrate. You need to eat carbohydrate every day. The best carbs provide fiber, so look at the number of grams of fiber per serving. These higher fiber foods are sometimes called complex carbs. Aim for 25 to 35 grams of fiber every day.

*"One of the things that we look at when we are trying to add fiber in your diet is to look at adding more fruits and vegetables."*

And pay attention to how much total sugar, including the amount of added sugar, is on the label. Sugar helps to give food flavor but too much of it in your diet can lead to weight gain and other health issues.

Also, look at the total fat, saturated fat and trans fat per serving. Saturated fat and trans fat are the kinds that increase your risk of heart disease, so everyone should limit their intake.

Depending on your individual health concerns, you may also want to look at how much sodium and protein is in your food. Too much sodium isn't good for a person's blood pressure and extra protein can be helpful if you are injured or trying to lose weight, but harmful for those with chronic kidney disease.

The label also includes the amount of vitamin D, calcium, iron and potassium that are in it. Many people need to get more of these nutrients in their daily lives.

Keep in mind that the percentages given are based on someone who needs 2,000 calories a day. There are about 3,500 calories in a pound of fat. And that would require a lot of exercise to work off.

Talk to your healthcare provider about how many calories you should eat each day. As a guide, eating 500 calories less per day can help you lose 1 pound per week. That's the weekly weight loss recommended for people trying to lose weight.

Now let's see how we can use labels to make healthier choices.

Here we have whole milk and 1% milk. Which one would you choose? Take a look at the food label for each. Comparing calories and total fat, we find that 1% milk is the healthier choice.

Another popular dairy product is ice cream. Compare regular ice cream to a real fruit smoothie made with yogurt. The smoothie has less calories and fat, not to mention the benefit of real fruit.

No matter if you are trying to reduce your calories, eat less foods with added sugars, or limit the amount of fat in your foods, the food label is the tool that can help you do it.