

Learn to Read Food Labels

Protect Your Heart: Avoid Artificial Trans Fat

Check the ingredients list.

- If **partially hydrogenated vegetable oil** is listed, the product contains trans fat.
- To avoid unhealthy trans fat, choose foods without partially hydrogenated oils.

INGREDIENTS: Pasteurized Grade A Non-fat Milk, Fructose, Red Bell Pepper, Partially Hydrogenated Soybean Oil, Salt, Modified Cornstarch, Garlic, Lemon Juice

REMEMBER

Any vegetable oil (soybean, corn, canola, safflower, sunflower, etc.) can be either partially hydrogenated or non-hydrogenated. Non-hydrogenated oils don't contain trans fat.

As of January 2006, all Nutrition Facts labels must tell you how much trans fat is in each serving.

Start Here: Serving Size

Always check the serving size and number of servings in the container. This product has 2 servings.

Nutrition Facts

Serving Size 1 cup (228g)		Servings Per Container 2	
Amount Per Serving			
Calories 260	Calories from Fat 120		
		% Daily Value*	
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 30mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4

Then, look for "Trans Fat" listed under "Total Fat."

If you eat this whole box, you are eating 2 servings and 4g of trans fat!

CHOOSE FOODS WITH 0 GRAMS TRANS FAT

How much is too much?

Eat no more than 2 grams of trans fat per day on average.

For more information on trans fats, call 311 or visit nyc.gov/health

Aprenda a leer las etiquetas de los alimentos

Proteja su corazón: Evite las grasas trans artificiales

Revise la lista de ingredientes.

- Si en la etiqueta dice “**partially hydrogenated vegetable oil**” (**aceite vegetal parcialmente hidrogenado**), el alimento contiene grasas trans.
- Para evitar las grasas trans que son malas para la salud, escoja alimentos que no contengan aceites parcialmente hidrogenados.

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RECUERDE

Cualquier aceite vegetal (soya, maíz, canola, cártamo, girasol, etc.) puede ser parcialmente hidrogenado o no hidrogenado. Los aceites no hidrogenados no contienen grasas trans.

A partir de enero de 2006, todas las etiquetas de Datos de Nutrición deben indicar la cantidad de grasas trans que hay en cada porción.

Empiece acá: Tamaño de cada porción

Siempre revise el tamaño de la porción y el número de porciones que hay en el envase. Este producto tiene 2 porciones.

Ahora busque “Trans Fat” (“grasas trans”) bajo “Total Fat” (“Total de grasas”).

Si usted se come todo el contenido de la caja, está comiendo 2 porciones y 4 grs de grasas trans!

ESCOJA ALIMENTOS QUE NO CONTENGAN GRASAS TRANS (0 GRAMOS)

¿Cuánto es demasiado?

No coma más de 2 gramos de grasas trans por día como promedio.

Para más información sobre las grasas trans, llame al 311 o visite nyc.gov/health

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