

Label Reading Tips: Fats

Fats are an important part of our diet, but its consumption should be monitored. A healthy diet should limit fat intake to no more than 20 – 35% of daily caloric intake. When reading nutrition labels, keep the following fat facts in mind when making meal choices:

Watch out for “Trans Fats” on your nutrition labels. This type of fat has been linked to an increase in LDL (“bad”) cholesterol which can increase your risk for cardiovascular disease. Nutrition labels will not show a % Daily Value, and should be substituted with unsaturated fats whenever possible.

Try to limit your intake of *saturated fats*. Too much of this type of fat is also linked to an increase in LDL cholesterol. Look instead for foods with higher amounts of *unsaturated fats*, which are heart-healthy and help to protect it from disease.

Remember: The fat calories shown on a nutrition label show how many fat calories are in one serving!

