Eating a well-balanced, nutritious diet has been shown to lower the risk of coronary heart disease, stroke, some cancers, and osteoporosis. With all of the food available, it is important to look at the Nutrition Facts Label, which is on almost all packaged foods, to determine which products to buy. Food labels include:

- **% Daily Value:** Shows what portion of the daily recommended nutrients the product provides based on 2,000 calorie diet.
- **Serving Size:** The amount of food or drink that is typically consumed as a serving as determined by the manufacturer.
- **Servings Per Container:** The number of servings in each package or container.
- **Nutrients:** The label lists the amount fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibers, sugars, protein, Vitamin D, calcium, iron, and potassium in each product. Choose foods that have a higher % daily value in fiber, protein, Vitamin D, calcium, iron, and potassium and a lower % daily value in saturated fat, trans fat, cholesterol, sodium, and sugar. A food with a 5% daily value or less is considered low in a nutrient and a food with a daily value of 20% or more of a nutrient is considered high in that nutrient. Use this as a guide when selecting packaged goods for optimal health!