

I successfully completed this goal.
This is what I did.

Helpful Information When Label Reading:

FATS Look for products with **4 grams** of total fat or less per 100 calories.

SATURATED FATS Look for products with **1 gram** or less of saturated plus trans fat added together per 100 calories.

CHOLESTEROL Stay below **300 milligrams of cholesterol** per day. If your LDL cholesterol is high, limit cholesterol to no more than **200 milligrams** per day.

SODIUM Stay below **2300 milligrams** of sodium per day. Stay below **1500 milligrams** of sodium per day if you have high blood pressure, are middle aged, or are African American.

SUGAR Other words for sugar on the label are corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup. Four grams of sugar = 1 teaspoon of sugar. Label read for products with **2 ½ grams or less of sugar per ounce**.

FIBER Aim for **14 grams of fiber per 1000 calories**. If your recommended calories per day are 2000, then you should aim for 28 grams of fiber per day.

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