

How to read a nutrition label

1 Check the serving size

There may be more than one serving in a package.

2 Check the calories

Too many **calories** can lead to weight gain.

3 Limit these

Limit foods with **saturated fat** and avoid **trans fat**.
Don't eat more than 2,400 milligrams of **sodium** a day.
Limit your **added sugar** to 25 grams a day or less for women and 36 grams for men.

4 Get enough of these

Look for foods that have at least 3 grams of **fiber**.
Eat plant-based **protein**, like soy, beans, peas and lentils.
Get your **vitamins** from food instead of supplements.

Use nutrition labels to help maintain a healthy weight and lower your cancer risk.

[MDAnderson.org/Food](https://www.mdanderson.org/Food)

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Nutrition Facts

2 servings per container

Serving size 1½ cup (208g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5 mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 0g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Making Cancer History®

Cómo leer una etiqueta de nutrición

1 Fíjate en el tamaño de la porción

Puede haber más de una porción en un paquete.

2 Fíjate en las calorías

Demasiadas **calorías** pueden conducir al aumento de peso

3 Limita esto

Limita comidas con grasa saturada y evita **grasas trans**.

No comas más de 2,400 miligramos de **sodio** al día.

Limite su **azúcar añadida** a 25 gramos al día o menos para mujeres y 36 gramos para hombres.

4 Obtén suficiente de esto

Busca comidas que tengan mínimo 3 grams de **fibra**.

Come **proteína** vegetal, como la soya, frijoles, chícharos y lentejas.

Obtén tus **vitaminas** de tus comidas en lugar de suplementos.

Usa las etiquetas de nutrición para ayudarte mantener un peso saludable y reducir tu riesgo al cáncer.

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