

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 **sugar** to 25 grams a day or less.

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.

www.mdanderson.org/food

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Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30 mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

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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.

Limita el **azúcar** a 25 gramos al día o menos.

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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