

Helpful Tips for Shoppers

Here are tips you can use every day to lower your intake of [saturated fat](#), [trans fat](#) and cholesterol while eating a healthy diet.

- **Check the nutrition facts** to compare foods because serving sizes are generally the same in similar types of foods. Choose foods lower in saturated fat, trans fat and cholesterol. For saturated fat and cholesterol, keep in mind that 5 percent of the Daily Value (%DV) or less is low and 20 percent or more is high. (There is no %DV for trans fat.)

Sample Label for
Macaroni and Cheese

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%
Trans Fat 1.5g	
Cholesterol 30mg	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

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low

20% or more is high

- **Check out the ingredient list.** Products with partially hydrogenated oil contain trans fat.
- **Choose alternative fats.** Replace saturated and trans fats in your diet with [monounsaturated](#) and [polyunsaturated](#) fats. These fats do not raise LDL ("bad") cholesterol levels and have health benefits when eaten in small amounts. Sources of monounsaturated fats include olive and canola oils. Sources of polyunsaturated fats include soybean oil, corn oil, sunflower oil and foods like nuts.

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- **Choose vegetable oils** (except coconut and palm kernel oils) and soft margarines (liquid, tub or spray) more often because the combined amount of saturated fat and trans fat is lower than the amount in solid shortenings, solid margarines and animal fats, including butter.
- **Consider fish** since most fish are lower in saturated fat than meat. Some fish, such as mackerel, sardines and salmon contain omega-3 fatty acids, which may offer protection against heart disease.
- **Choose lean meats**, such as baked, broiled or skinless poultry and lean beef and pork with visible fat trimmed.
- **Limit foods high in cholesterol** such as liver and other organ meats, egg yolks and full-fat dairy products, like whole milk or cheese.
- **Choose foods low in saturated fat** such as fat-free or 1% dairy products, lean meats, fish, skinless poultry, whole grain foods and fruits and vegetables.

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