How Much is Enough, or Too Much?

These are good guidelines for evaluating and comparing foods based on their nutrition labels. The recommendations are for EACH DAY.

**FAT**
For each 100 calories in a food:
No more than 3g of total fat.
No more than 1g of saturated fat.
As little *trans* fat as possible.

**CHOLESTEROL**
If your doctor gives you a number, stick to it. Otherwise aim for less than 200mg per day.

**SODIUM**
Try to stay under 1500mg.

**FIBER**
One g for each 100 calories, or:
Women: 25-30g
Men: 28-35g

**CALCIUM**
Aim for 1200mg a day.

For ages 50+, the DAILY needs are:
Women-about 1800 calories, and
Not more than 60g of fat per day.
Men-about 2200 calories, and
Not more than 75g of fat per day.

For diabetes, 15g total carbohydrate is 1 portion.

If a food contains more than 6 g of sugar alcohol the quantity must be listed in the carbohydrate section. Excess may cause diarrhea.

### Ingredients list:
In descending order, so the higher an ingredient is on the list, the more there is of it.

Look for Whole Grain, Whole Wheat near the top.

Sugars include naturally present sugars as well as added sugars. Added sugars include honey, sugar, agave syrup, sucrose, maltose, dextrose, high fructose corn syrup, corn syrup and others.

Sugar alcohols include sorbitol, mannitol, xylitol, etc.