



Setting and Meeting Healthy Eating Goals

One of the best ways to improve your health is to eat a healthy diet.

Learn about Food Labels and Serving Sizes

Grocery stores are filled with many foods. It can be hard to know what foods are healthy. That's why you should learn to read food labels. You should also learn about serving sizes, or the right amounts of foods you should eat. These things will help you set and meet healthy eating goals.

Always Start with the Serving Size

Look at the serving size and number of servings in the package. Everything on the label is for one serving. On this label, a serving is one slice. If you eat one slice, you will be eating:

- 160 calories
- 10 g of total fat
- 300 mg of sodium

But if you eat two slices, you will be eating twice as much of everything.

Understanding Food Labels¹

Here is a sample food label. The tips next to the label explain how to read it.

Start here.

Check the total calories per serving.

Limit these nutrients.

Foods that supply 5% or less of these nutrients are good.

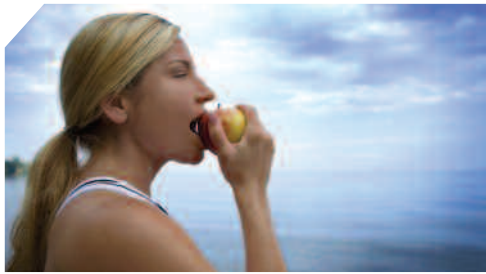
Get enough of these nutrients.

High-fiber foods are good.

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Quick Guide to % Daily Value:

- 5% or less is low.
- 20% or more is high.



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Rules of Thumb for Serving Sizes²

Many people eat servings that are too large. Use your hands to help you eat the right amounts. A woman's hands are the right size to use.³

Do this	To see one serving size	For these foods
Make a fist.	8 oz	Cold and hot drinks.
Cup both hands together.	1 C	Cereal, soup, green salads, chili, stew, macaroni & cheese, Chinese food.
Cup one hand.	1/2 C	Pasta, rice, fruits, vegetables, spaghetti sauce, beans, cottage cheese, mashed potatoes.
Open palm of your hand.	3 oz	Cooked meats (hamburger patty, chicken breast, fish fillet, pork), canned tuna.
Put both thumbs together.	1 Tbsp	Peanut butter, salad dressing, sour cream, dips, whipped topping, margarine, cream cheese, mayonnaise.

Your Personal Healthy Eating Goals

Decide on some healthy eating goals that you think you can meet. Eat less calories, fat, and salt. Eat more fruits, vegetables, whole grains, beans, brown rice, and fish.

Eat Less of These Foods:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Eat More of These Foods:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

References

1. American Heart Association. "Reading Food Labels." Available at: <http://www.americanheart.org/presenter.jhtml?identifier=3046050>. Accessed July 5, 2007.
2. Kraft Foods. "Rules of Thumb on Portion Size." Available at: http://www.kraftfoods.com/kraftnutrition/pdf/knu_fl_wn_02_portion_tips.pdf. Accessed January 7, 2008.
3. Health and Age. Available at: <http://www.healthandage.com/Home/gid2=1083>. Accessed January 7, 2008.

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