

查看标签 为了快乐的心脏



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

- ✓ 查看“SERVING SIZE”（份量）
标签上的信息是一份的量。
尽量只吃一份！
- ✓ 查看“TOTAL FAT”（总脂肪）
寻找总脂肪少于 7 克的食物
寻找“Saturated Fat”饱和脂肪少于 2 克的食物
寻找“Trans Fat”反式脂肪含量为 0 克的食物
- ✓ 查看“SODIUM”（SALT）（纳/盐）
寻找钠含量低于 140 毫克的食物
- ✓ 查看“ADDED SUGAR”（添加糖）
寻找添加糖含量为 0 克的食物



哪个对心脏更健康？

Nutrition Facts	
About 13 servings per container	
Serving size 1/2 cup (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0 g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	8%
Potassium 127mg	2%



Whole Grain Oatmeal

全麦燕麦粥

更少的脂肪
更少的盐
更少的糖

VS

Nutrition Facts	
About 7 servings per container	
Serving size 1 cup (40g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	12%
Dietary Fiber <1g	3%
Total Sugars 18g	
Includes 18g Added Sugars	36%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 6.3mg	35%
Potassium 60mg	2%



Honey Ohs! Cereal

蜂蜜味麦片

更多的脂肪
更多的盐
更多的糖



更健康

不那么健康

哪个对心脏更健康?

Nutrition Facts	
Serving size 1 potato (148g/5.2oz)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 499mg	10%



Baked Sweet Potato

烤红薯

更少的脂肪
更少的盐
更少的糖

VS

Nutrition Facts	
5 servings per container	
Serving size 1/5 pie (119g)	
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 9g	45%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 5g	
Cholesterol 50mg	17%
Sodium 210mg	9%
Total Carbohydrate 57g	21%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 24g Added Sugars	48%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.4mg	8%
Potassium 200mg	4%



Sweet Potato Pie

红薯派

更多的脂肪
更多的盐
更多的糖



更健康

不那么健康

哪个对心脏更健康？

Nutrition Facts	
Servings per container	1 medium apple (182 g)
Serving size	1 medium apple (182 g)
Amount per serving	95
Calories	
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrate 25 g	8%
Dietary Fiber 4 g	16%
Total Sugars 19 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 11 mg	1%
Iron <1 mg	1%
Potassium 195 mg	6%



Whole Apple

苹果

更少的脂肪
更少的盐
更少的糖

VS

Nutrition Facts	
1 serving per container	
Serving size	1 pie (114g)
Amount per serving	300
Calories	
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 3g	
Vit. D 0mcg 0%	• Calcium 0mg 0%
Iron 0mg 0%	• Potas. 100mg 2%



Apple Pie

苹果派

更多的脂肪
更多的盐
更多的糖



更健康

不那么健康