

# reading a food label

## Cancer

<b>Nutrition Facts</b>	
about 6 servings per container	
1 Serving size	1 cup (140g)
2 Amount per serving	<b>Calories 170</b>
	3 % Daily Value*
4 Total Fat 8g	10%
Saturated Fat 3g	15%
<i>Trans Fat 0g</i>	
Cholesterol 0mg	0%
5 Sodium 5mg	0%
Total Carbohydrate 22g	8%
6 Dietary Fiber 2g	7%
Total Sugars 16g	10%
7 Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Ingredients:** Whole Grain Oats (includes oat bran), Modified Corn Starch, Sugar, Salt, Wheat Tripotassium phosphate, Vitamin E, Modified Tapioca Starch, Soybean Oil, Ginger.

### 1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflects the amount in one serving, or "Serving size".

### 2 Calories

Look to see the number of calories in a serving. Talk to your doctor or a registered dietitian to determine your calorie needs.

### 3 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5%DV = low nutrient content.

At or above 20%DV = high nutrient content.

### 4 Eat a Low-Fat Diet

The American Institute for Cancer Research (AICR) recommends limiting the amount of fat in your diet to 30% or less of your total calories. For a person eating 2,000 calories a day, that equals about 67g of total fat daily. Try to keep saturated fat to less than 5% DV and look for 0g of trans fat on the label.

### 5 Sodium

It's important to limit your sodium intake. The AICR suggests keeping sodium intake to less than 2400 mg daily.

### 6 Fiber

Fiber can help improve digestive regularity, especially for someone dealing with constipation because of cancer treatment. Fiber is found only in plant foods, like fruits, vegetables, beans, and whole grains. Some food manufactures add fiber to foods that don't naturally have fiber. Try to eat 25-36 grams of fiber daily. Talk to your doctor or a registered dietitian if you find that high fiber foods irritate your stomach.

### 7 Limit Added Sugars

Added sugars can contribute to unwanted weight gain, another potential side effect of cancer treatment. To keep at a healthy weight, which may improve cancer outcomes, limit added sugars by looking for a low %DV. If you're experiencing weight loss, make sure you're eating nutrient-rich foods (fruits, lean proteins, etc.) before choosing foods with added sugars.

See Reverse for More →

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### 8 Protein

Protein needs may be elevated while undergoing cancer treatment. Protein can be found in dairy products, meat, poultry, fish and some plant-based foods, like soy, beans and legumes. Talk to your doctor or a registered dietitian about the amount of protein that's right for you.

### 9 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Look for a high %DV. Certain cancer treatments can contribute to bone loss. Therefore calcium and vitamin D, essential for strong, healthy bones, are particularly important.

### 10 Ingredient List

Select items with real, whole foods as the first ingredients in the ingredient list. Steer clear of foods with ingredients you cannot pronounce. Limit artificial sweeteners like saccharin, aspartame, and sucralose. Avoid foods that contain raw milk or eggs. Look for the word *pasteurized* on milk and dairy products.

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