

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we’re working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we’ll share tips on physical activity, good nutrition, and prevention and wellness. This week, we’re focusing on good nutrition.

How to Read a Nutrition Label

Shop smart, eat smart.

1 SERVING INFORMATION

When looking at the Nutrition Facts label, first look at the number of servings in the package (servings per container) and the serving size.

It’s important to realize that all the nutrient amounts shown on the label, including the number of calories, refer to a single serving.

2 CALORIES

Calories provide a measure of how much energy you get from a serving of this food.

For example, there are 370 calories in one serving of lasagna. What if you ate the entire package? Then, you would consume 8 servings, or 2,960 calories.

3 PERCENT DAILY VALUE (%)

The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The % DV can tell you if a serving of food contributes a lot, or a little, to your daily diet for each nutrient.

Generally, <5% DV = Low; >20% DV = High.

4 NUTRIENTS

Look for foods that contain more of the beneficial nutrients and less of the nutrients you may want to limit, such as saturated fat, sodium, and added sugars.

HEART HEALTHY

LOW CARB

Tuna or Salmon Salad on Cucumber

By: Barbara Roberts

INGREDIENTS

- 1 can tuna or salmon
- 1/2 tablespoon lemon juice
- 1 tablespoon chopped chives, if available
- 1/4 cup Greek or other yogurt
- 1 Cucumber

INSTRUCTIONS

- Place tuna or salmon, lemon juice, chives, and yogurt in a bowl; mix together.
- Wash and cut the cucumber, either long or in circles.
- Scoop tuna onto the cucumber.
- Enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10% • Calcium 210mg 20%	
Zinc 7mg 50% • Biotin 300mcg 100%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

More often, choose foods that are:

Higher in %DV

- Dietary fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Lower in %DV

- Saturated Fat
- Sodium
- Added Sugars



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