Limit these nutrients by choosing foods that have the lowest % Daily Value. Quick tip—5% or less is low, 20% or more is high.

Get enough of these nutrients by choosing foods that have the highest % Daily Value. Quick tip—5% or less is low, 20% or more is high.

Nutrition Facts represent one serving, but there may be multiple servings in the container. In the sample label, one serving equals one cup. If you eat the entire container, you would eat two servings. That means you eat twice the calories, nutrient amounts, and % Daily Values.

% Daily Values tell you how much a serving of food contributes to your daily allowance of each nutrient. In the sample label, one serving contributes to 18% of your daily allowance of total fat.

Considering calories can be helpful in managing your weight, but low calorie foods are not always better than high calorie foods. There’s more to the label than just calories. Knowing what nutrients are in the food you’re eating is important to maintain a balanced diet.

Protein intake should come from a variety of sources, including animal (meat, poultry, seafood, and dairy) and non-animal proteins (beans, nuts, seeds, and soy products).

Carbohydrates are in many foods, but some types of carbohydrates are better than others. Look at the ingredient list when choosing grains like bread, pasta, crackers, and cereals, and choose the “whole grain” option or look for “whole” in the first ingredient.
Nourishing Minds helps students choose nutrient-dense foods to achieve and maintain a healthy weight.

The “Nourishing Minds” section in the HealthyU meet the following criteria:

- Calories: 200 total calories or less
- Total Fat: no more than 35% of the total calories from fat or maximum 8 grams of total fat
- Saturated Fat: no more than 10% of the total calories from saturated fats
- Sodium: no more than 300 mg
- Dietary Fiber: at least 1 gram of dietary fiber

Nourishing Minds helps students choose nutrient-dense foods to achieve and maintain a healthy weight.

Want to learn more about nutrition? Make a free appointment with the Nutritionist at the Student Health Center: 
http://health.sfsu.edu

Need help paying for groceries? Learn about signing up for CalFresh on campus at: 
http://wellness.sfsu.edu/CalFresh

Look at the ingredient list and choose foods that don’t have added sugar as one of the first three ingredients. Some names for added sugar include: sucrose, glucose, cane juice, fructose, molasses, syrup, and honey.

Follow us at @sfstatecares to learn about upcoming programs and events.