A healthy diet delivers enough nutrients to keep your body fueled and your metabolism humming. It lowers risk of type 2 diabetes, high blood pressure, heart disease, cancer and other diseases. Use the Nutrition Facts Label as a tool to help you buy the groceries you need to stay healthy. Compare products to choose the healthiest option and make sure you’re not overdoing or skimping on nutrients.

**WHY HIGH CALCIUM?**
Calcium is a mineral that builds healthy bones and teeth, and more.

WHY CALCIUM DOES:
- Helps fight osteoporosis, a bone-thinning disease that becomes more common with age and increases fracture risk.

WHERE YOU FIND IT:
- Fat-free or low-fat dairy products, salmon (when you eat the bones), tofu, legumes, dark green leafy vegetables, some whole-grain products.

LOOK FOR VITAMIN D TOO: To help your body absorb calcium, look for vitamin D-fortified dairy products and cereals. (The best food sources are fatty fish like salmon, tuna and mackerel, and fish liver oil).

**WHY LOW SALT?**
Salt (sodium) helps with organ function and fluid balance in the body.

WHERE YOU FIND UNHEALTHY SODIUM:
- Bakery items, meat, poultry, butter, processed meats and cheeses, sauce, pickled foods, and all products containing coconut or palm kernel oils.

WHERE YOU FIND HEALTHY SODIUM:
- Olive oil, canola oil, sunflower oil, soybean oil, and peanut oil.

**WHY LOW FAT?**
Fat provides energy and helps you absorb vitamins. But unhealthy (saturated and trans) fats raise cholesterol, and too much cholesterol can cause fatty build-up in arteries supplying the heart and brain.

WHERE YOU FIND UNSATURATED AND POLYUNSATURATED FATS:
- Olive oil, canola oil, sunflower oil, soybean oil, cottonseed oil and peanut oil.

WHERE YOU FIND SATURATED FATS:
- Bakery items, meat, poultry, butter, processed meats and cheeses, sauce, pickled foods, and all products containing coconut or palm kernel oils.

WHERE YOU FIND DIETARY CHOLESTEROL:
- Fatty meats and whole-dairy products.

WHERE YOU FIND HEALTHY FATS:
- Olive oil, canola oil, sunflower oil, soybean oil, and peanut oil.

**WHY LOW FAT AND LOW CHOLESTEROL?**
- Fat provides energy and helps you absorb vitamins. But unhealthy (saturated and trans) fats raise cholesterol, and too much cholesterol can cause fatty build-up in arteries supplying the heart and brain.

WHERE YOU FIND UNSATURATED AND POLYUNSATURATED FATS:
- Olive oil, canola oil, sunflower oil, soybean oil, cottonseed oil and peanut oil.

WHERE YOU FIND SATURATED FATS:
- Bakery items, meat, poultry, butter, processed meats and cheeses, sauce, pickled foods, and all products containing coconut or palm kernel oils.