Calories contribute to Weight Maintenance. Too many causes weight gain!

Too much fat can cause heart disease...especially watch Saturated and Trans Fats!

Recommended amount of sodium (salt) is < 2300 mg per day...most Americans get 3000-4000mg daily. High sodium intake can lead to hypertension or high blood pressure.

Fiber is very important for digestive health! You need an average of 25-30 grams per day...most people don’t get near enough in their diet.