

WHAT IS *in our* PACKAGED FOOD?

How to Read a Food Label A Nutrition Cheat Sheet

Divide the number of calories from fat by the number of calories per serving to get your percentage.
 $40/230 = .1739$ or **17.4%**

FAT < **20%** Of the # of Calories Per Serving

All animal products contain trans fat and cholesterol. All types of oil and foods with oil also contain trans fat.

Trans Fat ZERO Cholesterol

The sodium listed here is acceptable
160 mg Sodium < 230 Calories

SODIUM < The total # of Calories

Try to find products without added sugar or products where sugar is not within the first 3-5 ingredients

Added Sugars CARBOHYDRATES Whole Grains

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Always Read The Label

NEVER TRUST WHAT THE FRONT OF A PACKAGE SAYS

What to Avoid

- Avoid added oils of any kind, especially coconut and palm oil as well as fully and partially hydrogenated oils in processed products.
- Avoid refined carbohydrates like enriched (bleached) flour, white flour, and all purpose flour.
- Avoid all animal products as they contain large amounts of fat, saturated fat, trans fat and cholesterol.
- Avoid sugar-free products or products containing artificial sweeteners.
- Avoid butter, margarine, lard, and shortening.

What to Look For

- Look for the terms "whole", "rolled", "stone ground", or "cracked".
- Look for foods in the produce department or frozen section of the grocery store as the healthiest products can be found here.
- Look for starchy and non-starchy vegetables, fruits, beans, legumes, peas, as well as "whole" grain foods.

Beware of S.O.S



Salt

Salt increases blood pressure. Therefore, try to avoid products that contain added salt - often found in processed foods.



Oil

Oil is the fat extracted from the product (e.g. corn oil - comes from corn). It is important to read the ingredient panel because fat free products may still contain oil.



Sugar

There are over 50 names for sugar - most of which end in -ose (e.g. fructose, maltose, galactose). Other sugars might include agave, honey, or maple syrup.