



Reading Food Labels

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* 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.

Serving Size and Servings Per Container

Look here first. All numbers below this (e.g. calories, sodium, protein) are based on the serving size amount. Keep in mind that the serving size listed may be different that what you would eat, or your portion size.

When looking at the number of servings per container, ask yourself, “How many servings are in the entire package?” and “How much of the package do I plan to eat?”

Calories

Calories may affect weight. Look here for how many calories are in each serving.

Total Fat

Fat can be saturated, trans, or unsaturated. To find the amount of unsaturated fat, subtract the amounts of saturated fat and trans fat from the total fat amount. Aim for more unsaturated fat and less saturated fat. Trans fat should be avoided.

Cholesterol

Recent science has shown that food cholesterol does not affect blood cholesterol for most people. Other factors such as fat intake, added sugar intake, alcohol consumption, and physical activity have more of an impact.

Sodium

A good rule of thumb is to limit sodium to 600mg or less per meal and 200mg or less per snack or individual item.

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Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, mono calcium phosphate, lecithin (soy), mono- and diglycerides

Total Carbohydrate

Total carbohydrate includes starch, sugar, and fiber. A serving of carbohydrate is 15 grams of total carbohydrate. Most people need between two and four servings of carbohydrate at each meal (30 - 60 grams), and between zero and two servings at each snack (0 - 30 grams).

Sugar is naturally found in some foods (e.g. fruit, grains, dairy, vegetables), but it can also be added to foods. The sugar that is naturally in foods is fine, but it is recommended to limit added sugar.

Fiber helps to keep your gut healthy, helps with regular digestion, and can help to promote stable blood sugars. Aim for 25 - 35 grams of fiber per day by choosing fiber-rich foods (e.g. whole grains, vegetables, fruits, nuts, seeds, legumes).

When choosing a carbohydrate-rich food, look for at least 3 grams of fiber in each serving. As you increase the amount of fiber you eat, make sure that you also increase the amount of water you drink.

Protein

As a culture, we tend to get enough protein – sometimes too much. However, we may struggle with the eating a consistent amount of protein throughout the day. The equivalent of an ounce of protein is 7 grams of protein. Aim for 20 - 35 grams of protein at each meal (3 - 5 ounces), and 7 - 15 grams at each snack (1 - 2 ounces).

Vitamins and Minerals

A limited set of vitamins and minerals is included on most food labels, and the percentages are not very meaningful. Focusing on eating a variety of whole foods, with the guidance of your dietitian if you have a deficiency, will help to ensure your needs are met.

Ingredients List

Items listed first are present in greater amounts (by weight). Information about some of the different types of ingredients will be covered on the next page.

Examples of Added Ingredients

Saturated Fat	Trans Fat	Unsaturated Fat	Added Sugar	Added Sodium
<ul style="list-style-type: none"> Animal Fat Egg Yolk Solids Bacon Fat Hardened Fats Beef Fat Butter Chicken Fat Lard Cream Whole Milk Solids Cocoa Butter Coconut Oil Palm Kernel Oil 	<ul style="list-style-type: none"> Partially Hydrogenated Fat Partially Hydrogenated Oil Shortening Margarine 	<p>Eat less often (pro-inflammatory):</p> <ul style="list-style-type: none"> Corn Oil Safflower Oil* Sunflower Oil* Soybean Oil Vegetable Oil Palm Oil <p>*High-oleic versions are a better option if available</p> <p>Eat more often (anti-inflammatory):</p> <ul style="list-style-type: none"> Olive Oil Canola Oil Avocado Oil Peanut Oil 	<ul style="list-style-type: none"> Sugar Brown Sugar Corn Syrup Corn Syrup Solids Dextrin High Fructose Corn Syrup Honey Maple Syrup Agave Molasses Sorghum Syrup Turbinado (raw cane sugar) Words ending in “-ose” (e.g. fructose, dextrose, sucrose) 	<ul style="list-style-type: none"> Salt (any kind, including Sea Salt) Baking Soda Baking Powder Bouillon Brine MSG (monosodium glutamate) Soy Sauce Steak Sauce Sodium Benzoate Sodium Propionate Words containing “sodium”

Food Additives to Limit

Aloe Vera

Artificial Colorings: Blue 2, Green 3, Orange B, Red 3, Yellow 5, Yellow 6, Caramel

Artificial sweeteners: Aspartame, Acesulfame-Potassium (AceK), Saccharin, Sucralose

Azodicarbonamide

Brominated Vegetable Oil (BVO)

Butylated Hydroxyanisole (BHA)

Gingko Biloba

Inter-esterified Vegetable Oil

Mycoprotein (i.e. Quorn)

Olestra (Olean)

Partially Hydrogenated Vegetable Oil or Shortening (Trans Fat)

Potassium Bromate

Propyl Gallate

Sodium Nitrate and Nitrite

TBHQ (Tert-Butylhydroquinone)