

A woman with long brown hair, wearing a black and white striped shirt over a white top, is smiling and looking down at a small jar with a green lid that she is holding with both hands. She is standing in a grocery store aisle, with shelves of various products visible in the background. A green semi-transparent banner is at the bottom of the image.

PACKAGED FOOD TOOL

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Packaged Food Tool is a 5 step tool that will help you make smart choices while picking packaged foods.

How many of us really read the nutritional label before adding the packaged foods to our carts?

When we buy food from a bag, box, or jar, it can be tricky to tell just how healthy it really is.

Let's move to a smarter lifestyle and make informed choices with the packets we pick!

This tool is quick at a glance which will guide you, once you practice and get a hang of reading these labels and making smart choices, it will eventually become a habit!

Initially this may seem a little confusing to you, but once you get a hang of it, this is really going to help you pick packaged foods smartly for a lifetime.

***Do share the picture of the packaged product before you pick so that we can give you our inputs too.**

	Per serving	Per 100g
NUTRITION INFORMATION		
Servings per package: 8		
Serving size: 33g		
Energy	550kj	1680kj
Protein	2.4g	7.2g
Fat		
Total	3.6g	11.0g
Saturated	1.3g	4.1g
Carbohydrate		
Total	21.5g	55.1g
Sugars	10.1g	30.7g
Dietary Fibre	1.7g	5.1g
Sodium	20mg	70mg

This tells you how many serves there are in the whole packet.

This tells you the size of one serving of this food.

This tells you the nutrients in 100g of this food. This is the best way to compare similar products.

This tells you the nutrients in a single serve of this food. In this case, it's per 33g.

Thumb rule: "Don't let the claims on the front fool you!"

**STEP
1**

Take a look at the Serving Size

Check for the serving size and correlate the amount of calories offered by it.

Confused with portion and serving size?

A serving size is a fixed size. *It defines the amount of food that people typically eat at one time and is not a recommendation of how much to eat.*

Example: the label on a cereal box could say that 1 cup of dry cereal=1 serving.

A portion is how much you eat or how much you put on your plate at a meal.

Watch your portions well!.

Look for the Sugar Content

**STEP
2**

If a food contains **more than 10 grams** (or 40 calories) of added sugar per serving, it wouldn't be a smart choice.

Hidden names of sugar:

Anhydrous dextrose, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, evaporated cane juice, fructose sweetener, fruit juice concentrates, high-fructose corn syrup, honey, liquid fructose, malt syrup, maple syrup, molasses, pancake syrup, raw sugar, sugar, syrup and white sugar.

**STEP
3**

Check the fats section

Fat has more calories per gram than carbs or protein, and all fats have 9 calories/gram. Choose unsaturated fats whenever possible, and limit foods with saturated and trans fats.

STEP 4

Check for the Sodium Content

If the product has less than 120 mg/100 g of the final product it can be consumed. While purchasing you should look for foods that don't cross **120mg/100g** of the product.

STEP 5

Check for fiber

On a source of dietary fibre, it shall not contain less than **3g/100g**

On high source of dietary fibre, it shall contain not less than **3g/100g**

You generally want at least three grams of fiber and seven grams of protein.

In A Nutshell :

Watch your portion size, while eating

Added sugar: Not more than 10gms/ serving

Fats: More unsaturated and less of saturated and trans fats

Sodium: Not more than 120mg/ 100gms of product

Fiber: Atleast 3g/100gms of product

Protein: Atleast 7g/ 100gms of product [Good Choice]