



Wellness Workshop

Reading Food Labels

- Why is it important?
 - The front label of a product does not provide enough information
 - The claims made are not always accurate
 - Some claims are deceptive
 - Know what you are eating
 - Make informed decisions

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A 80%		•	Vitamin C 60%
Calcium 4%		•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your caloric 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260

Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The Breakdown: Daily Intakes

- **Calories:** no less than 1,200 a day
- **Saturated fat:** no more than 10g a day
- **Trans fat:** none. Try to avoid it completely
- **Monounsaturated and polyunsaturated fat:** any amount is healthful
- **Protein:** any amount is OK. Try to stay below 25g per serving
- **Sugar:** stick to less than 10g per serving
- **Fiber:** at least 3g per serving for grain products
- **Sodium:** no more than 2,000 mg a day (1,500 if you are hypertensive or pre-hypertensive)



Beware of These Claims

- **Low Fat! –or- Fat Free-** When fat is taken out, it is replaced by sugar.
- **0g of Trans Fat!** - Look for: “**per serving*”
 - If a product has <0.5g of something per serving, the company is allowed to write 0g on the nutrition label.
 - To truly know if there is trans fat present in the product, read the ingredients!!
 - Look for the words “hydrogenated” or “partially-hydrogenated” (oils)

Beware of These Claims

- **Multi-Grain!** — this does not necessarily mean whole grain!
- Look for the word “whole” before the grain to make sure you are getting a whole grain.
 - “wheat flour”
 - “enriched wheat flour”
 - What is “enriched”?



Beware of These Claims

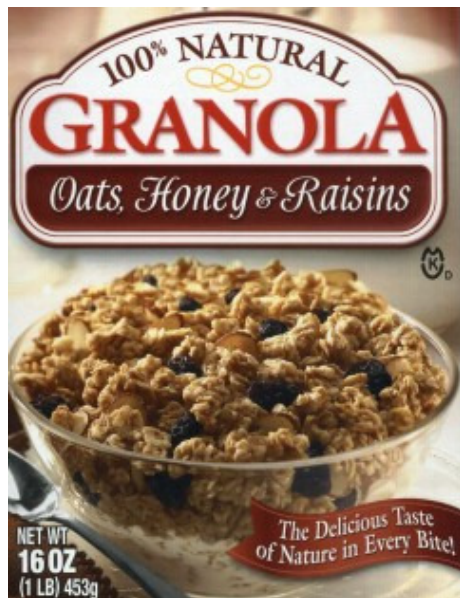
- **High In Protein –**

- The idea that we do not get enough protein is false. Our bodies only need about 10% of our calorie intake to be protein.
- Americans actually eat too much protein!
- It is not important to *try so hard* to get protein in our diets.
- Why is it pushed so much by companies?
- What happens to all the excess protein you consume?
- How else is it detrimental?
- When can high protein be helpful?

Beware of These Claims

- “All Natural” –

- There are no regulations for this claim.
Companies use it liberally to label just about anything because they know it will sell better.





Look For These Claims

- Whole Wheat! –or- Whole Grain!
- Good Source of Fiber!
- Good Source of Omega-3!
- No Sugar Added
- Reduced Sodium –or- Low sodium
- Fortified with Vitamin D
- Plant Sterols

Ingredients List

- Items are listed in order of dominance in the food.
 - Most prevalent ingredients are listed first
 - Least prevalent are listed last
- Pay particular attention to the first three ingredients
 - They shouldn't be sugar, high fructose, or enriched wheat flour.
- The less ingredients, the better.
- Be aware of common dangers that you may not immediately recognize.
 - Monosodium Glutamate/Glutamine = MSG
 - “stacking” sugar ingredients by naming them differently:
 - Ingredient # 2. Sugar, 5. barley malt, 7. corn syrup, 8. sucrose, 11. dextrose.