

## Reading a Nutrition Label – FAST

Shopping for nutritional foods can be challenging. Here is a quick set of rules that works in nearly every case to steer you towards making healthy choices when shopping.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* 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.

### RULE #1

*Never, EVER, believe what is printed on the box's front*

### RULE #2

*Choose products with sodium amount that is equal to or less than the calories.*

- This product has almost twice the amount of sodium as calories (250 mg would've been ok).

### RULE #3

*Always read the ingredient list to check for 3 things*

- **Avoid Saturated Fats:** i.e. palm oil, coconut oil, hydrogenated oil
- **Avoid Added Sugars:** i.e. High fructose corn syrup, sugar, honey, brown rice syrup, maltose, galactose, dehydrated cane juice, brown sugar
- **Choose whole grains:** Look for the word "whole" in the ingredient list

### Other helpful tips

- Always check the serving size. Will you really eat that serving size, or will it be 2 or 3 servings for you. The calories and fat have to be multiplied by how many servings you eat.
- Serving sizes with less than 0.5 grams of fat can claim fat free – even if 100% of the calories come from fat! You can often see this with cooking sprays and "fat free" butter sprays but make no mistake, using a lot of these products will add calories.
- Choose whole, unprocessed foods whenever possible. Fresh fruits and vegetables are best.

Reference: Adapted from <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

