

HOW TO READ A Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
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 240mg	6%
<small>* 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.</small>	

servings size indicates *typical*--not *recommended*--consumption amount

calories say nothing of the overall health of the product (focus on ingredients first)

fat content is not about quantity, but quality (stay away from trans fat and processed seed oils)

dietary **cholesterol** has little impact on cholesterol levels in your body (so don't worry about this measure)

sodium is not evil (but essential), focus on overall food quality and your kidneys should balance your sodium levels

carbohydrate tolerance is very bioindividual

added sugar is one of the most important things to look at (and avoid)

extra **nutrient content** is great, but most micronutrients should come from whole foods that have no label

read the **ingredients list** first (if you don't recognize something, your body won't either)

- <6 ingredients is ideal
- listed by decending weight
- manufacturers will use 2+ forms of sugar so they appear lower on the list
- parenthesis can make certain ingredients seem to be more/less
- be cautious of vague ingredients like "natural flavors" or "spices"
- gluten is not listed as a top allergen

INGREDIENTS: Whole Grain Oats, Corn Syrup, Rapeseed Oil, Rice Puffs (Rice Flour, Salt), Dried Cranberries, Honey, Salt, Soy Lecithin, Maltodextrin, Natural Flavors
CONTAINS SOY; MAY CONTAIN TRACE AMOUNTS OF PEANUTS OR WHEAT