

Free Bonus #3!

HOW TO READ LABELS

Make an Informed Decision!

Nutrition labels help you make informed decisions when you go food shopping. Choices that help determine our health and happiness. However, if you do not know the basics of effective label reading you are most likely including unhealthy elements to your eating without even realising it.

Make Healthy Choices !

There are two parts to a food label, the nutritional facts segment and the ingredient portion. A good food evaluation ideally utilises both the nutritional facts plus the ingredient listings to make the best decision.

Nutrition Facts

Serving Size 1/2 Cup (160g)
Servings Per Container 3

Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 12g	
Saturated Fat 8g ●	
Cholesterol 0 mg ●	
Sodium 480 mg ●	
Total Carbohydrate 31g	
Dietary Fiber 5g ●	
Sugars 20g ●	
Protein 5g ●	
Vitamin a 0% ●	Vitamin c 0% ●
Calcium 2% ●	Iron 2%

NUTRITION LABEL - Limit Red Dots!

This part of the label informs us on the amount of calories, protein, carbohydrates, sugars, fibres, fats, and saturated fats that the product contains. Grams are what most of the nutrients are measured in. Smaller ones are calculated in milligrams (1,000 mg = 1 gram). The following is an example of the Nutritional Facts label:

* The above label has 250 calories

* The amount of protein calories is 20 because $4 \times 5 = 20$

* The amount of carbohydrate calories is 124 because $4 \times 31 = 124$

* The amount of fat calories is 108 because $9 \times 12 = 108$

- * 1 Gram of protein = 4 calories.
- * 1 Gram of carbohydrate = 4 calories.
- * 1 Gram of fat = 9 calories.
- * 1 Gram of alcohol = 7 calories.

INGREDIENTS

The most important part of the label is the INGREDIENTS portion. This will allow you to know if the product contains un-healthy chemicals: toxins that you would not have known were included from only looking at the nutritional section. If it contains a few ingredients that you cannot pronounce, chances are that is not a nutritious option.

In this section it will list the ingredients in the largest quantities first and as you go down the list the ingredients at the end should be a much smaller amount. This will give you some idea of the amount of certain substances. For example say the ingredients were as follows:

Ingredients: Rice flour, high fructose corn syrup, crispy rice, oat flour, salt.

This product would have far more high fructose corn syrup (basically an inexpensive table sugar) than salt. And the largest quantity of this product would be rice flour.