

# 5 MISTAKES WHEN READING NUTRITION LABELS



1. Reading package claims instead of the Nutrition Facts Panel.



3. Ignoring saturated fat or trans fat amounts.



5. Choosing a whole day's supply (50g) of added sugar in one product.

<b>Nutrition Facts</b>	
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	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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>	



2. Not checking calories per serving size.



4. Forgetting to read sodium content.



# Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 14g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

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## Guideline #1

Select Foods with a Low Calorie Density – 1:1 ratio of calories to grams, or fewer calories than grams

Step 1. Look at the Calories per serving

Step 2. Look at the Grams per serving

Example: 230 calories > 55 grams

→ **4X High Calorie Dense**

## Guideline #2

Select Foods that have  $\leq$  1:1 Ratio Sodium to Calories

Step 1. Look at Milligrams of Sodium

Step 2. Look at Calories per Serving

Step 3. Select Foods that have  $\leq$  1:1 Ratio of Sodium to Calories per Serving

Example: 160 mg sodium < 230 calories

→ **meets sodium guideline**

## Ingredients

Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **Egg Whites**, **Whole Milk** (milk, vitamin D3), **Broccoli**, **Cheddar Cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto), **Palm Oil Shortening**, **Water**, **Canola Oil**, **Onions**, **Sharp Cheddar, Cheese** (pasteurized milk, cheese cultures, salt, enzymes, annatto), **Corn Starch**, **Sea Salt**, **Butter** (cream, salt), **Cane Sugar**, **Natural Flavor**, **Isolated Oat Fiber**, **Sugar**, **Granulated Garlic**, **White Pepper**, **Black Pepper**, **Nutmeg**, **Cayenne Pepper**.

## Guideline #3

Select Foods that are **Low in Saturated Fat**: Make sure there are no saturated fats, trans fats or tropical oils in the ingredient list

Step 1. Look at the ingredient list

Step 2. Make sure there are no saturated fats, trans fats or tropical oils in the ingredient list.

# Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**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 235mg 6%

\* 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.

## Guideline #4

Low in Added Sugar – Limit foods with added sugar and other caloric sweeteners in first three to five ingredients.

Step 1. On the new label, do a quick check to see if there are any added sugars listed. Or go right to the ingredient list.

Step 2. Look at the ingredient list.

Step 3. Limit foods with added refined caloric sweeteners in the first three (3) ingredients to five (5) ingredients for overall health.

Ingredients:  
Organic White Whole Wheat  
Flour, Filtered Water, Organic  
Canola Oil, Organic Wheat  
Gluten, Organic Cane Sugar, Sea  
Salt, Yeast, Organic Apple Cider  
Vinegar, Organic Dough  
Conditioner (Organic)



## Guideline #5

Select Products that are 100% Whole Grain

Step 1. Do look for products that say 100% Whole Grain and/or have the 100% Whole Grain Stamp from the Whole Grains Council. It is often on the package's front.

Step 2. Select products that have only whole grains list, especially the first ingredient

INGREDIENTS: ORGANIC SPROUTED WHOLE GRAIN WHEAT,  
ORGANIC SPROUTED WHOLE GRAIN BARLEY, ORGANIC  
SPROUTED WHOLE GRAIN MILLET, ORGANIC SPROUTED  
WHOLE LENTILS, ORGANIC SPROUTED WHOLE SOYBEANS,  
ORGANIC SPROUTED WHOLE GRAIN SPELT.