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

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.

INGREDIENTS: BULGUR WHEAT, SAUCE (WATER, HALF AND HALF [MILK, CREAM], PARMESAN CHEESE [PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES], CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES.

CONTAINS: WHEAT, MILK.

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.

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 https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label

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