

7014 - Food Labels



Read the “Nutrition Facts” chart located on the majority of the food we purchase. It looks something like this:



Tips to help you make better food choices.

Remember that the values given in all categories are based on the serving size listed so be very aware of this when comparing products.

How many **calories** in one serving? – Look under calories or energy. Be aware of how many calories you require each day to maintain a healthy weight.

Fat – Total Fat is always listed. Usually saturated fat and trans fat are listed as well. The saturated fat should be less than 5 g; trans fat should be nothing but 0g. These fats are the “unfavorable fats”.... Limit these! A better choice of fats is unsaturated. Unsaturated fat is sometimes missing on the label. To find out how much unsaturated fat you’re eating, perform this simple equation:
TOTAL FAT – SATURATED FAT = UNSATURATED FAT.
 Unsaturated fat should be **MORE** than saturated fat!!

Nutrition Facts	
Per 1 cup (57 g)	
Amount	% Daily Value
Calories 170	
Fat 5 g	3%
Saturated 0.2 g	
+ Trans 0 g	1%
Cholesterol 0 mg	0%
Sodium 130 mg	5%
Potassium 260 mg	7%
Carbohydrate 43 g	14%
▪ Fibre 12 g	47%
▪ Soluble Fibre 1 g	
▪ Insoluble Fibre 11 g	
Sugars 8 g	
Protein 5 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
Phosphorus 10%	
Magnesium 25%	

Sodium/Potassium – As a general rule, eating less sodium (salt) is best! If the potassium amount is higher than the sodium amount (per serving), it is a favorable product. However, potassium is sometimes left out on a label. If it is listed, a great ratio is 2:1 for potassium to sodium. Sodium should be less than 150 mg on the label for a lower sodium diet!

Fibre - You’re making good choices if you get more than 3 grams of total fibre per serving. Foods providing more than 6 grams are very high sources of fibre.

Sugar – Products with less than 8g of sugar per serving are considered better products.

Protein – Products with at least 5g of protein per serving is excellent for foods such as grains and dairy. Foods like eggs, meat, poultry, and fish are much higher than 5g. All of these are excellent sources of protein!

IMPORTANT: Be aware that you should always read the ingredient list. Ingredients are listed in order of **WEIGHT**. If sugar, salt or fat is listed as one of the first ingredients, put it back!

