



HOW TO READ A *Food Label*

Nutrition Facts	
About 18 servings per container	
Serving size	1/4 cup (40g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 167mg	4%
*The % Daily Value 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.	

serving size indicates the typical 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 (minimize trans fat and processed seed oils)

dietary cholesterol has little impact on cholesterol levels in your body (so do not worry too much about this measure)

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

total carbohydrate equals fiber + sugar

fiber will balance the impact of other sugars, improve gut regularity, and nourish your microbiome

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

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

read the **ingredients list** first (if you do not recognize something, your body will not either)

INGREDIENTS: Whole Grain Wheat, Corn, Whole Grain Rye, Whole Grain Triticale, Whole Grain Oats, Soy Beans, Whole Grain Millet, Barley, Whole Grain Brown Rice, Oat Bran, Flaxseed. **CONTAINS:** Wheat and Soy.

- <6 ingredients is ideal
- listed by descending 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