



Food Label Cheat Sheet

Red Flags to Avoid (Common Inflammatory Ingredients):

- High fructose corn syrup
- Brown rice syrup
- Cane juice / evaporated cane sugar
- Maltodextrin
- Dextrose, glucose, sucrose
- Soybean oil, corn oil, sunflower/safflower oil, canola oil
- Vegetable oil (blended)
- Sucralose (Splenda), Aspartame
- Artificial colors (Red 40, Yellow 5)
- Natural flavors (ambiguous)
- Carrageenan, polysorbate 80

Warning Signs on the Label:

- More than 57 ingredients (especially unrecognizable ones)
- Protein or proprietary blends with additives
- Sugar listed in the top 3 ingredients

Eye-Healthy Ingredients to Look For:

- Whole grains (oats, quinoa, brown rice)
- Nuts & seeds (chia, flax, walnuts, almonds)
- Berries & fruit (fresh or unsweetened dried)
- Legumes (beans, lentils, chickpeas)
- Greens & vegetables
- Natural spices (turmeric, garlic, cinnamon)

Quick Tips for Smarter Shopping:

- First 3 ingredients matter most
- Avoid enriched flours if claiming whole grain
- Look for unsweetened or 'no added sugar'
- Ignore front-label buzzwords read the back

Doctors Note:

- Every bite either feeds inflammation or fights it. Read labels like your vision depends on it because it does.