

Understanding

Nutrition Facts	
Serving Size 1 cup (252g)	
Amount Per Serving	
Calories 355	Calories from Fat 103
% Daily Value*	
Total Fat 11g	18%
Saturated Fat 2g	8%
Trans Fat	
Cholesterol 5mg	2%
Sodium 239mg	10%
Total Carbohydrate 50g	17%
Dietary Fiber 0g	0%
Sugars 50g	
Protein 13g	
Vitamin A 25%	Vitamin C 50%
Calcium 20%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

***Serving Size:** This is not a “recommended” amount, as it does not account for an individual’s caloric needs

****% Daily Value:** A percentage of the amount of a nutrient based on a 2,000cal/day diet

Calories: The number of calories in that predetermined serving size

Fat: Think quality not quantity!
Avoid products containing any Trans fats
Saturated fat should account for at most 1/3 of the total fat
Look for healthy poly and monounsaturated fats

Sodium: Aim to consume 1,500-2,000mg/day

Carbohydrates: Total carbohydrates are comprised of starch, sugar and fibre
Try to consume 40+g fibre/day
Ideally: there should be less than 2g of sugar for every 5g of carbohydrate

Food Labels

Spotting Sugars on the label:

Natural Sugars

- Honey
- Coconut or Palm sugar/sweetener
- Pure maple syrup
- Molasses
- Barley malt syrup
- Brown rice syrup
- Fruit puree/concentrate
- Evaporated cane juice
- Organic cane sugar*, brown sugar*, raw sugar*, turbinado sugar*

**The more refined and processed these sugars are, the less natural with less nutrients and fibre.*

Artificial/Unnatural Sugars

- White sugar
- Corn syrup
- High-fructose corn syrup
- Fructose, glucose, sucrose, dextrose
- Maltodextrin, mannitol
- Sorbitol, sorghum, xylitol

Artificial sweeteners like aspartame, sucralose and splenda should be avoided

Spotting Unhealthy fats on the label:

- Hydrogenated oils & fats
- Partially-hydrogenated oils & fats
- Fractionated palm kernel oil
- Margarine, shortening, lard
- Vegetable oil (commercial yellow oil)
- Commercial canola oil, sunflower/ safflower oil, soybean oil, palm oil

Avoid these additives at all costs:

- MSG
- Nitrates
- BHT, BHA
- Tartrazine (Yellow#5)

General Rules:

1. The fewer ingredients, the better
2. If you do not recognize **more than 2** ingredients or can not pronounce them - **DON'T BUY IT**