

Reading Food Labels

1. Read the ingredients list first:

The ingredients are listed in order from highest amounts to lowest amounts

Look specifically for:

Added sugars (more than 50 different names for sugar)

Unhealthy fats (including soybean oil, canola oil, corn oil, any hydrogenated or partially hydrogenated oil)

Artificial food colors

Ingredients you can't pronounce – many of these are preservatives, emulsifiers, or other additives and can hinder digestion

2. Read the Nutrition Box next:

Look for:

Sugars

Some may be added, some may be natural, they may or may not be in separate categories, Confirm by reading the ingredient list

Trans fats

Avoid any trans fats.

Even if it says 0 grams of trans fats, if there are any hydrogenated or partially hydrogenated oils in the ingredient list, there are trans fats.

Serving Size

Compare the listed serving size to what you are actually eating

3. Don't let the claims on the package fool you

All natural

Gluten free

Fruit flavored

Low Fat

Summary:

Eat mostly whole foods that are not packaged

Choose packaged foods wisely

Whole food ingredients

Ideally, avoid added sugars