



LABEL READING MADE EASY

1. PORTION SIZE

Look for your portion size.

2. SATURATED FAT

Under total fat, look at the saturated fat which is the “bad fat.” You want to keep this number as low as possible.

3. TRANS FAT

You want this to be 0g.

4. SODIUM

If this is a snack keep it less than 150-200 mg per serving. If this is for a meal, keep it less than 500 mg total for your meal – so you may need to look at more than one label and total it up.

5. TOTAL CARBS

Look under this tab at the dietary fiber and added sugars. You are looking to add fiber to your diet, at least 25 grams per day. We want to keep added sugars as low as possible. Total sugars and added sugars are not the same. Some ingredients that add to total sugars could be naturally occurring sugars during production.

6. PROTEIN

Protein recommendations per day are individualized. However, more protein does not make the food item better for you if it is high in fat and sugar.

7. VITAMIN D, CALCIUM, IRON, AND POTASSIUM

Vitamin D, Calcium, Iron, and Potassium are required to be posted on labels.