

## Food Label Guide

- ✓ **Portion Size:**
  - Is this realistic for you?
- ✓ **Total Fat:** less than 3g\* per serving
  - Saturated Fat: less than 3g per serving
  - NEVER any trans fat
- ✓ **Sodium:** less than 300mg
- ✓ **Total Carbohydrates:** less than 15-20g per serving
- ✓ **Dietary Fiber:** more than 3g\*\* (MINIMUM)
- ✓ **Total Sugars:** less than 7g
  - **Added Sugars:** less than 4g (MAXIMUM)
- ✓ **Ingredients:**
  - Less than 10 ingredients\*\*\*
  - No sugar words in top 3
    - Sugar, syrup, -ose, concentrates, juice, molasses, honey, dextrin
  - No more than 3 sugar words at all
  - No hydrogenated oils
  - No MSG words
    - Glutamic acid, glutamate, hydrolyzed protein, yeast extract
  - Nothing we cannot pronounce or identify\*\*\*\*
  - Minimize artificial ingredients & colors

\*If you are purchasing a food naturally high in fat (oils, avocados, nuts...) then you should expect more than 3g fat. In this case, saturated fat should still be less than 3g per serving and see if you can minimize portion.

\*\*Some foods are naturally fiber-free, such as yogurt and cottage cheese. See if you can add fiber to these foods with nuts, seeds, fruit, etc.

\*\*\*If a food has a long list of real, whole food ingredients that you would have in your kitchen then there is an exception.

\*\*\*\*Vitamins, minerals and probiotics may have complicated names but are actually ok in foods (ex: cyanocobalamin, Lactobacillus...)

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) 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.	