

Reading the Nutrition Facts label.

Reading the label is a great habit to have. You can read it fairly quickly if you know what you are looking for. Here are my tips:

Check the serving size. Most Nutrition Facts are based on one serving but there might be more than once serving per container. So be careful with your first glance; if you have the whole container as a meal you could be eating four servings!

Calories: if you think the calories are high for one serving then take awareness and that into account before putting it in your mouth.

Fat: I mainly look at the saturated fat...that is the bad fat. If it's more than 2 g, I skip it.

Cholesterol: the lower the better

Sodium: same as cholesterol, the lower the better. Watch out for soups and frozen meals.

Potassium: Helps body maintain normal PH levels...very important. For adults it's 2,000 mg/day.

Carbohydrates: so much controversy with carbs. Carbs in fruit and veggies I don't care about, it's the carbs in crackers, sweets, and white products (white pasta, white rice, white bread) that you need to watch...the lower the better or switch to whole wheat pasta, brown rice, high fiber bread.

Fiber: my rule of thumb is anything above 2 g is good to eat. The higher the better in this case.

Protein: stick with meats, nuts, tofu, and cheese. I usually don't eat my protein source from a container food. Whole foods are best.

SAMPLE

Nutrition Facts	
Serving Size 1 bar (50g)	
Amount Per Serving	
Calories 150	
Total Fat 0.5g Saturated Fat 0g	
Cholesterol 0 mg	
Sodium 25mg	
Potassium 250 mg	
Total Carbohydrate 38g Dietary Fiber 7g Soluble Fiber 3g Insoluble Fiber 4g Sugars 25g	
Protein contains less than 1g	
Vitamin A 2%*	Vitamin C 100%*
Calcium 2%*	Iron 4%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	