

## LABEL READING MADE EASY

For Plant-Based packaged food, Nutrition Facts label reading becomes easy - you only need to look at Per Serving - Calories from **FAT**, **SODIUM** mg and **SUGAR**.

### Nutrition Facts

7 servings per container	
<b>Serving Size</b>	<b>2 (100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>1. Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>2. Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 6g <b>21%</b>	
Total Sugars 4g	
Includes 4g Added Sugars <b>8%</b>	
<b>Protein</b> 3g	

**1. FAT** - Keep the calories from FAT less than 20%, that is, less than 2 grams of fat\* per 100 calories.

The example above has 1.5g of fat in 100 calories (15% of calories from fat), making this item a good choice!

\*1 gram of fat = 10 calories

Americans consume over 35% of their calories from fat – almost double what it should be. Avoid saturated fats. While nuts, nutbutters, seeds, and coconuts contain some healthful nutrients, they are also high in calories and contain some saturated fats along with the “good fats”; use minimally.

**2. SODIUM** - 1:1 Ratio Sodium:Calories or less

In this example, you see the sodium at 25mg, thus 25:100 is less than the 1:1 ratio and a good choice.

Keep the ratio of Sodium mg to Calories at 1:1 ratio or lower. American Heart Associate recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

**3. SUGARS** - 6 grams or less added sugar

On this label, added sugar is 4g, making it a good choice.

Total sugar = sugar from the food ingredients (fruits, veggies) + added sugars.

Sugar as part of the whole food is more slowly absorbed and is accompanied by many other nutrients

The rule of Three: On the ingredient list added sugar should not be one of the first three ingredients: Keep the number of different added sugars to three or less.

Fruit juices and juicing fruit removes the fiber and will add a lot of quickly absorbed sugar to your diet.

**Ingredient box:** Look at the ingredient list box, not the front of the package which can be misleading. We're looking for 100% whole grain. Avoid foods with a large number of ingredients, many we can't pronounce and we don't know what they are; and watch out for artificial colors, flavoring, preservatives, phosphates, etc. The shorter the ingredient list the better. Let's get back to basics!