

Label Reading Guidelines

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Read the Nutrition Facts Label

- 1) Check the grams of **total fat** against the calories
 - a. We are limiting fat to no more than 20% of calories.
 - b. We do this by limiting the grams of total fat to no more than 2 grams for every 100 calories. (See the grid)

- 2) Check the **sodium** in mgs per serving against the calories per serving.
 - a. We are limiting sodium to no more than 1500 - 2300 mg/day
 - b. For Regular Products
 - i. We do this by limiting the sodium in mgs per serving to no more than the calories per serving (1:1 ratio). (See the Grid)
 - c. For Condiments
 - i. We do this by limiting the sodium in mgs per serving to no more than 4x the calories per serving (4:1 ratio))

- 3) Check the **added sugars** against the **calories**
 - a. We are limiting added sugars to no more than 10% of calories.
 - b. We do this by limiting the grams of added sugar to no more than 2 grams for every 100 calories (See the Grid)

Read the Ingredient list

- 1) **Avoid any unhealthy fats**
 - a. Saturated fats
 - i. Animal Fat, Lard, Butter, Chicken fat, Dairy, Cheese
 - b. Man-Made Saturated Fat
 - i. Partially Hydrogenated Oils, Margarine &/or Shortening
 - c. Tropical Oils
 - i. Coconut, Palm, Palm Kernel, Cocoa Butter
 - d. Oils

- 2) **Make sure all grains are whole grain.**
 - a. Look for these terms
 - i. Whole, Cracked, Rolled, Stone Ground, Sprouted or Brown Rice.