Nutrition Labels

What you need to know about the food you eat

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

Serving Size

This is a “typical” serving size. Compare this to what you consider a normal serving size to be.

Nutrients

How nutrients are divided up within the serving size. This section is broken down into fats, cholesterol, sodium, Carbohydrates, Sugars and protein.

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Calories

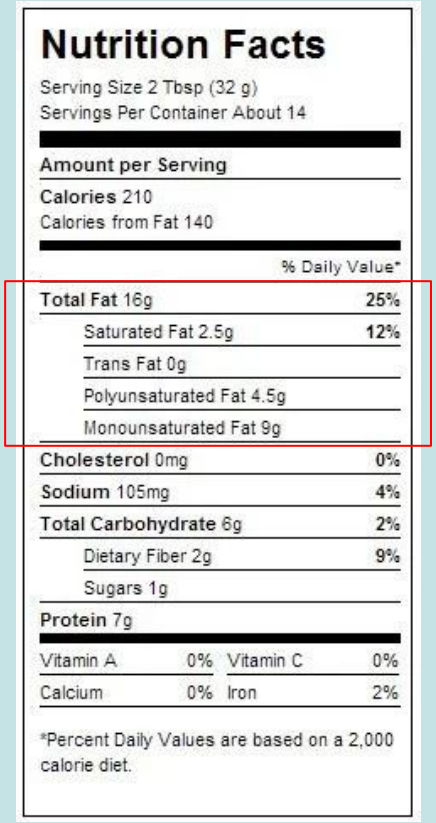
Number of calories consumed in one Serving Size.

% Daily Value

How much each ingredient contributes to your recommended daily amount. This will vary greatly for each individual and is not of much value in reality.

Nutrient Breakdown

The Fats, one of the 3 macronutrients are divided into 4 main types of fats. Total fat content is divided into the specific types of fats. Each one has it's quantity per serving



Nutrition Facts

Serving Size 2 Tbsp (32 g)
Servings Per Container About 14

Amount per Serving

Calories 210
Calories from Fat 140

	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 9g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**9%**
Sugars 1g	
Protein 7g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Saturated Fats

Solid at room Temperature
Butter, Coconut Oil, Animal fats

→ Healthy fats in moderate amounts

Trans Fats

Commonly from partially hydrogenated oils

→ Harmful even in small amounts. Should be avoided in all cases

Monounsaturated Fats

Fish oils, olive oil, avocados
Omega 3 fatty acids

→ Generally healthy fats. Can be consumed regularly. Should avoid heating some - eg Olive Oil

Polyunsaturated Fats

Seed oils, walnuts
Omega 6 fatty acids

→ Rich in Omega 6 - can be inflammatory. Should limit consumption.

Nutrient Breakdown - continued

The remaining macronutrients are Proteins and Carbohydrates. Some additional ingredients are required by law such as Sodium and cholesterol.

Nutrition Facts

8 servings per container

Serving size **8 fl oz (240mL)**

Amount per serving

Calories **110**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 25g	
Includes 23g Added Sugars	**46%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

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Cholesterol - Our body can either consume and utilize it or produce it ourselves.

Sodium is often too high in American diets. Canned foods and processed foods often have high levels of Sodium.

Carbohydrates - There are 3 types
Starch, Fiber and Sugar.
Dietary Fiber is an insoluble starch and is not converted to glucose. Total carbs subtract dietary fiber equals digestible carbohydrates.

If any sugars are added, they will be listed separately.

Protein - Total protein is the final macronutrient listed

Nutrient Breakdown - Vitamins and Minerals

There are some basic vitamins and minerals that are required by law to appear on all labels. Common deficiencies in the public of these ingredients drive these requirements.

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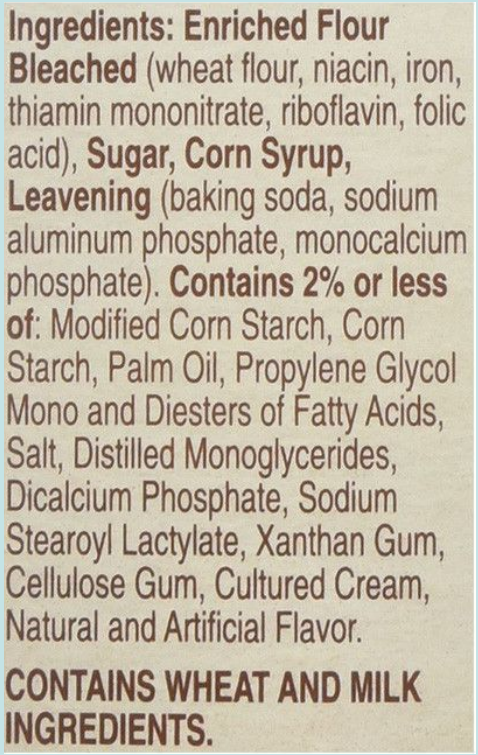
Vitamins - Some major vitamins are listed even if they are not present

Vitamin D - common deficiency in many people
Vitamin A and C are no longer required as deficiencies are deemed rare enough.

Potassium, Calcium and Iron are required on all labels

Ingredients

Beside the nutrition labels, all the ingredients must be listed on the labelling.
The ingredients are listed in order of their quantity. The most prolific first.



Some form of flour or wheat is common in many processed foods.
Enriched - means vitamins and minerals were stripped out during processing and had to be added back in
Bleached - processing to whiten the flour (naturally takes too long). Uses toxic chemicals to achieve
Sugar - added to many foods - unnecessary and leads to excessive consumption
Listed as:
Glucose, High Fructose Corn Syrup (HFCS)
Preservatives (see next page)
Artificial Flavors + colors

Preservatives

These are some preservatives commonly found in packaged foods

1. **Sodium Nitrite and Nitrate**: Common in processed meats and intended to prevent bacterial growth. High consumption has been linked to increased risk of cancer and cardiovascular conditions.

2. **Sulfites**: Very common in foods like dried fruits, wine, and processed meats. Sulfites can trigger allergic reactions, especially in individuals with asthma.

3. **BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene)**: Common ingredient to prevent spoilage in fats and oils. Potential carcinogenic effects in animals, with obvious concerns about their impact on humans.

5. **Benzoates**: Most commonly sodium benzoate, are effective prevention of yeasts and molds. There are concerns about their link to hyperactivity in children