



Things You Need to Know About Food Labels

Have the habit of always reading two things on every package of food before you purchase:

1. The Ingredients List
2. The Nutrition Label

1. **The Ingredients List** contains everything used to make the item. They are listed in order from the most to the least. As you read labels, notice how some products contain things you probably cannot even pronounce! These are additives used in processing.

We AVOID products that contain ANY of the following ingredients:

- **High Fructose Corn Syrup** (numbs the area of the brain that signals you are satisfied)
- **Aspartame** (turns to formaldehyde above 85 degrees – your body is 98.6, remember!)
- **Sugar** (sugar feeds cancer – men have a 1:2 chance of getting cancer; women have a 1:3 chance. You probably know someone who has had cancer; you don't want it!)
- **Artificial colors** (such as yellow 5, red 40) – some research indicates a link between these and ADD; they may be linked to allergies or asthma in some people.
- **Flour** (refined flours are highly processed and act just like sugar in the bloodstream) Look for "WHOLE" grain products, not those that just say they are "made with" whole grains. Fiber content is a clue; "WHOLE" grain products are high in fiber.

2. **The Nutrition Label** lists the Calories, Fat, Cholesterol, Sodium, Carbohydrates, Fiber, Sugar and Protein per serving along with the percentage of the recommended daily allowance of included vitamins and minerals.

Read the Serving size carefully: Many of us assume a can of soup, for example, is a single serving. When you read the nutrition label you may find that some cans contain 2 servings.

We look for the following food label items:

- **LOW IN FAT:** Avoid foods with "Trans Fat". Generally if a serving contains less than 2g of Fat it is considered to be low in fat.
- **LOW IN SODIUM:** The American Heart Association says adults should eat less than 1 teaspoon of salt per day or 2,300mg of sodium per day.
- **HIGH IN FIBER:** Fiber slows down absorption of carbohydrates so they have less impact on blood sugar. Fiber has also been shown to aid in lowering cholesterol and preventing prostate and colon cancer.