

## How to Read Food Labels and Nutrition Facts

With a little practice and a systematic approach to reading labels, it will be easier to make healthier choices.

While the top of the label and the percentage of daily value are attractive, they are not the most important places to start reading a label.

### 1. Start with the ingredient list.

This gives you a thumbs up or thumbs down to the packaged food based on your own criteria.

- a. Ingredients are listed in order of quantity.
- b. Look for food product ingredients (notice we didn't say food) that may be objectionable. For example, if there are some things you do not tolerate such as casein, gluten, soy and corn products, they will be listed as well.
- c. Next, look for complicated chemical names that suggest preservatives, artificial flavors, colors and sweeteners.

-Examples of preservatives to limit include: BHT, BHA, TBHQ

-It is good to eat a variety of foods but not chemical dyes. Colors are numbered such as Blue #1 Brilliant Blue, Blue #2 Indigo Carmine, Citrus Red #2, Green #3 Fast Green, Red #40 Allura Red, Red #3 Erythrosine, Yellow #5 Tartrazine, Yellow #6 Sunset Yellow.

-The most popular artificial sweeteners are Acesulfame-K, Aspartame, Equal, NutraSweet, saccharin, Sweet'n Low, Sucralose, Splenda and Sorbitol.

INGREDIENTS: SUGAR,  
ENRICHED FLOUR, (WHEAT  
FLOUR), MALTED BARLEY FLOUR,  
NIACIN, IRON, THIAMINE  
MONONITRATE, RIBOFLAVIN,  
FOLIC ACID), ALMONDS, BUTTER  
(CREAM) NATURAL FLAVORS,  
BROWN RICE SYRUP, SALT,  
CINNAMON.

Contains: Wheat, Almonds, Milk.

2. Focus on the serving size. The serving size is often determined to help make the rest of the Nutrition Facts Box appear reasonable to the consumer. For example, a usual serving of small cookies may be three, but that would result in 270 calories and 39 grams of carbohydrates. 90 calories looks much better so the serving size is one cookie.

3. Consider the % Daily Value of Nutrients. Most of your micronutrients should be coming from foods without a Nutrition Facts box (unprocessed).

### Health Claims and Their Definitions - At a Glance

|                          |   |
|--------------------------|---|
| High                     | 20% or more of the Daily Value              |
| Good                     | 10-19% of the Daily Value                   |
| Light                    | at least 1/3 fewer calories or 50% less fat |
| Less or fewer            | 25% less of a nutrient or of calories       |
| Calorie Free             | less than 5 calories                        |
| Low calorie              | 40 calories or less                         |
| Sugar free               | less than 0.5 grams of sugar                |
| Reduced sugar            | at least 25% less sugar                     |
| Low fat                  | 3 grams or less of fat                      |
| Sodium free or salt free | less than 5 mg of sodium                    |
| Low sodium               | 140 mg of sodium or less                    |
| Good source of fiber     | 2.5 - 4.9 grams of fiber                    |

### A Primer on “Eco-Labels”

Labels also try to tell us where and how our food was grown, raised or caught; what it ate; and what, if any, environmental impacts it's raising or harvesting might have. Companies WANT you to think their food is healthy, so here's how to tell the difference between which labels matter for your health - and which don't.

Labels can be differentiated by certified and non-certified. Choose certified labels as often as possible.

### CERTIFIED LABELS

**Grass-fed** –implies that the animals spend their lives on pasture eating what nature intended; they are not treated with hormones or antibiotics.

**Organic** - For animal meat and dairy to be labeled “organic”, the animal must never have been given antibiotics, hormones or GMO grasses.

**GMO-Free/Non-GMO/Non-GMO Project Certified** - produced without the use of genetically modified organisms (GMOs).

**Naturally Grown** - reserved for food purchased on small farms that abide by the USDA Certified Organic methods of growing and selling locally.

### NON-CERTIFIED LABELS

**No Hormones Administered/No Hormones/Hormone-Free** - the USDA prohibits the use of hormones in the raising of hogs or poultry in the United States. Beef may have this label.

**Free Range or Free Roaming** - birds raised in this manner are able to go outdoors in order to engage in natural behaviors. However, birds only have to be allowed 5 minutes of open-air access a day to meet USDA requirements.

**Pasture-Fed/Pasture Raised** - indicates that animals were raised with humane treatment and have higher levels of micronutrients. For beef, labels must also read 'organic' and "grass fed" to make sure the animals were not fed GMO grains, grasses, corn or soy.

**Natural** - cannot contain any artificial flavorings, color ingredients, chemical preservatives, artificial or synthetic ingredients.

**Minimally processed** - a process that does not fundamentally alter the raw product. Antibiotic free or Raised Without Antibiotics - meat and poultry carrying these labels must not have had any antibiotics administered during the lifetime of the animal.

**Cage-free** - implies that hens laying eggs are uncaged inside barns or warehouses. It does not mean the hens have access to the outdoors, but that they do have the option to engage in many of their natural behaviors, such as walking, nesting, and spreading their wings.

**Certified Humane Raised and Handled** - indicates that the animals have been raised for dairy, lamb, poultry and beef products are treated in a humane manner and without the use of growth hormones or antibiotics.

**Farmed Seafood or Fish Farming** - involves raising fish commercially in tanks or other enclosures. Fish are either farmed or wild caught.

**No Additives** - implies a product (or packaging) has not been enhanced with the addition of natural or artificial ingredients.