

# READING NUTRITION LABELS

## 6 things to check when reading nutrition labels:

1. Serving size - look at the number of servings per container
2. Check calories
3. Avoid saturated and trans fats
4. Check for protein and fiber content (these things keep you full for longer)
5. Check for added sugar (aim for less than 25g/day total)
6. Read ingredients



**Note:** Ingredients are listed in order by weight meaning the first ingredients = the greatest quantity. Food companies will say things like "includes whole grains", but if the first ingredient is wheat flour (as opposed to WHOLE WHEAT, or oat flour, etc.) then you know it's mostly white flour.

The ingredients always tell a better picture than any words on the front of a package!



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group