**BodyDesigns Tips for Using the Food Label**

Most packaged foods have a Nutrition Facts label. Here are some tips for reading the label and making smart food choices:

**Check servings and calories.** Look at the serving size and how many servings you are actually eating.

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| mage placeholder | **tip: If you eat 2 servings of a food, you will consume double the calories and double the % Daily Value (% DV) of the nutrients listed on the Nutrition Facts label.** | mage placeholder |

**Make your calories count.** Look at the calories on the label and compare them with the nutrients they offer.  Calories count but what is equally or more important is what makes up those calories.

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| mage placeholder | **tip: When you look at a nutrition label, first check the calories, and then check the nutrients to decide whether the food is worth eating.** | mage placeholder |
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**Eat less sugar.** Foods with added sugars may provide calories, but few essential nutrients. So, look for foods and beverages low in added sugars. Read the ingredient list, and make sure added sugars are not one of the first few ingredients.  Carbohydrates with more fiber have a lower response on blood sugar so look for foods with higher fiber contents. Total Carbs minus Fiber = Net Carbs.

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| mage placeholder | **tip: Names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.** | mage placeholder |
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**Know your fats.** Look for foods without *trans* fats, to help reduce the risk of heart disease. Don’t be afraid to include fats in the diet! Fat should make up 30-40% of your calories. Most of the fats you eat should come from healthy natural sources such as organic, free range poultry, grass-fed beef or bison, organic free range eggs, coconut oil, avocados, olive oil, nuts, seeds, tahini, and natural nut butters,

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| mage placeholder | **tip: Fat should be in the range of 30-40% of the calories you eat.** | mage placeholder |
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**Reduce sodium (salt); increase potassium.** Sodium from processed foods is not the same as a natural sea salt with minerals that you add to your food. Try to buy foods without a lot of sodium and add your own sea salt. Sea salt with minerals will help with blood pressure whereas processed sodium in food may raise blood pressure. Potassium is essential to lower blood pressure so include lots of vegetables and some fruits in your diet daily. Look for 150 mg or less in your packaged foods.

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| mage placeholder | **tip: Most sodium you eat is likely to come from processed foods, not from the salt shaker. Read the Nutrition Facts label, and choose foods lower in sodium and higher in potassium.** | mage placeholder |
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| olor coded nutritional label | | |

