

THE NUTRITIONAL LABEL EXPLAINED

Labels are mandatory on all packaged foods	Nutrition Facts	Labels are not required for fresh, minimally processed foods (like fruit, vegetables, meat, or bulk grains)
The Total Number of Calories is the Calories-Per-Serving X the Number-of-Servings-Per-Package!	SERVING SIZE (cups / grams, etc.) Servings per Package “#” Amount / Calories Per SERVING XXX	Did you know? The serving size is different for each product, determined by food manufacturers at their own discretion!
Minimize your intake of Saturated Fats and Cholesterol. Avoid Trans Fats all together.	Total Fat (grams) x % DV	Saturated = Fats (solid at room temperature) + Unsaturated = Oils (liquid at room temperature) Choose healthier saturated fats from plant sources (like avocados or nuts) instead of animal sources or hydrogenated oils (like margarine or shortenings)
	Saturated Fats (grams) x % DV	
	Trans Fats (grams) x % DV	
	Cholesterol (grams)	
Minimize your Sodium intake.	Sodium (grams) x % DV	Choose raw fruits and vegetables that are naturally low in Sodium and high in Potassium
Maximize your intake of complex carbs, specifically fiber Minimize your intake of simple carbs, specifically avoid added sugar and artificial sweeteners	Carbohydrate (grams) x % DV	Simple carbohydrates (sugars) + Complex carbohydrates (fiber and starches)
	Fiber (grams) x % DV	Choose fruits, vegetables, legumes, whole grains, nuts and seeds
	Total Sugars (grams)	Avoid confectioneries, pastries, sweet beverages, alcohol, energy drinks
	Added Sugars (grams)	
Maximize your intake of good-quality protein	Protein (grams)	Choose plant proteins (legumes, nuts, seeds, grains, veggies) more often than animal proteins
Maximize your intake of micronutrients: vitamins and minerals	Vitamins: x % DV <i>A, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5, B6, B9, B12, C, D, E, K</i>	The best sources of nutritional vitamins and minerals come from a plant-based diet: fruit, vegetables, legumes, whole grains, nuts, and seeds. Animal foods are an indirect source of micronutrients, as they get recycled throughout the food chain from the plant material the first herbivores fed on.
	Minerals: x % DV <i>Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Zinc</i>	
The Daily Caloric Need is the Basal Metabolic Rate + the Daily Activity Energy Expenditure (walking, exercising, etc.)	Footnotes: - 5% or less is a little , 15% or more is a lot - % DV (Daily Values) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	The basal metabolic rate varies with gender, height, weight, age, and genetics. Your “lazy” days will require a smaller caloric intake than your “high energy” days!

THE NUTRITIONAL LABEL EXPLAINED

The list of ingredients is mandatory on most pre-packaged foods with more than 1 ingredient.

Ingredients:

Macronutrients (such as sugars), food additives, seasonings, added micronutrients (vitamins and minerals), flavour enhancers (like monosodium glutamate (MSG), etc.

Contains:

Ingredients that may affect people with allergies or sensitivities

Did you know? All ingredients are listed **by weight** (a food contains more of the ingredients listed first), **except for additives** (such as flavor enhancers, preservatives, coloring/emulsifying/thickening agents) which are listed at the end of the list in no particular order!

Below are *SOME* approved **Food Additives**. Please **minimize / avoid** all together foods containing these chemical substances by reading the **Ingredient List** and making an informed decision when buying!

Food PRESERVATIVES:

Acid Acetic, Ascorbic Acid, Benzoic Acid, Calcium / Sodium Ascorbate, Carnobacterium maltaromaticum CB1, Citric Acid, Ethyl lauroyl arginate, Erythorbic Acid, Gum-Guaiacum, L-Cysteine, Lecithin, Methylparaben, Modified vinegar, Nisin, Potassium Nitrate / Nitrite / Acetate / Lactate, Propylparaben, Propionic Acid, Propyl Gallate, Sodium Nitrate / Nitrite / Acetate / Lactate / Metabisulphite / Propionate / Sorbate, Sorbic Acid, Sulphurous Acid, Tartaric Acid, Tocopherols, Wood Smoke, 4-Hexylresorcinol

SUGAR and Its Many NAMES:

Agave nectar, Barbados sugar, Barley malt, Beet sugar, Blackstrap molasses, Brown rice syrup, Brown sugar, Buttered syrup, Cane juice crystals, Cane sugar, Caramel, Carob syrup, Castor sugar, Confectioner's sugar, Corn syrup/solids, Crystalline fructose, Date sugar, Demerara sugar, Dextran, Dextrose, Diastatic malt, Diatase, Ethyl maltol, Evaporated cane juice, Florida crystals, Fructose, Fruit juice/concentrate, Galactose, Glucose/solids, Golden sugar/syrup, Grape sugar, High-fructose corn syrup, Honey, Icing sugar, Invert sugar, Lactose, Malt syrup, Maltose, Maple syrup, Molasses, Muscovado sugar, Organic/raw sugar, Panocha, Refiner's syrup, Rice syrup, Sorghum syrup, Sucrose, Treacle, Turbinado sugar, Yellow sugar

Food ADDITIVES used for glazing, polishing, and starch-modifying agents:

Acetylated Monoglycerides, Aluminum Sulphate, Calcium Hypochlorite, Gum Arabic / Benzoin, Hydrochloric Acid, Hydrogen Peroxide, Mineral Oil, Nitric Acid, Petrolatum, Shellac, Sulphuric Acid, Wax (Bees, Carnauba, Candelilla)

Food ADDITIVES used for emulsifying, gelling, stabilizing, thickening, or firming:

Acacia Gum, Agar, Algin, Ammonium Salt of Phosphorylated Glyceride, Baker's yeast Glycan, Carbonates / Citrates / Phosphates, Carrageenan, Carob Bean Gum, Cellulose Gum, Gelatin, Guar Gum, Hydroxylated Lecithin, Hydroxypropyl Methylcellulose, Karaya Gum, Locust Bean Gum, Methylcellulose, Mono- / Diglycerides, Pectin, Polyoxyethylene (20) Polysorbate 60 / 65 / 80, Sodium Acid Pyrophosphate, Sodium Stearoyl-2-Lactylate, Sulfates (of Aluminum, Ammonium, Calcium, Potassium, Sodium), Sucrose Mono/Esters, Tara Gum, Xanthan Gum

Food ADDITIVES used for bleaching, coloring, or dough conditioning:

Acetone Peroxide, Allura red, Aluminum Metal, Amaranth, Ammonium Persulphate, Annatto, Benzoyl Peroxide, Brilliant Blue FCF, Caramel, Carbon Black, Citrus Red No. 2, Erythrosine, Indigotine, Fast Green FCF, Iron Oxide, Potassium aluminum silicate, Potassium Persulphate, Silver Metal, Sodium Sulphite, Sunset Yellow FCF, Tartrazine, Titanium Dioxide, Xanthophyll