



Medical Weight Loss

Session 1: How to read a food label



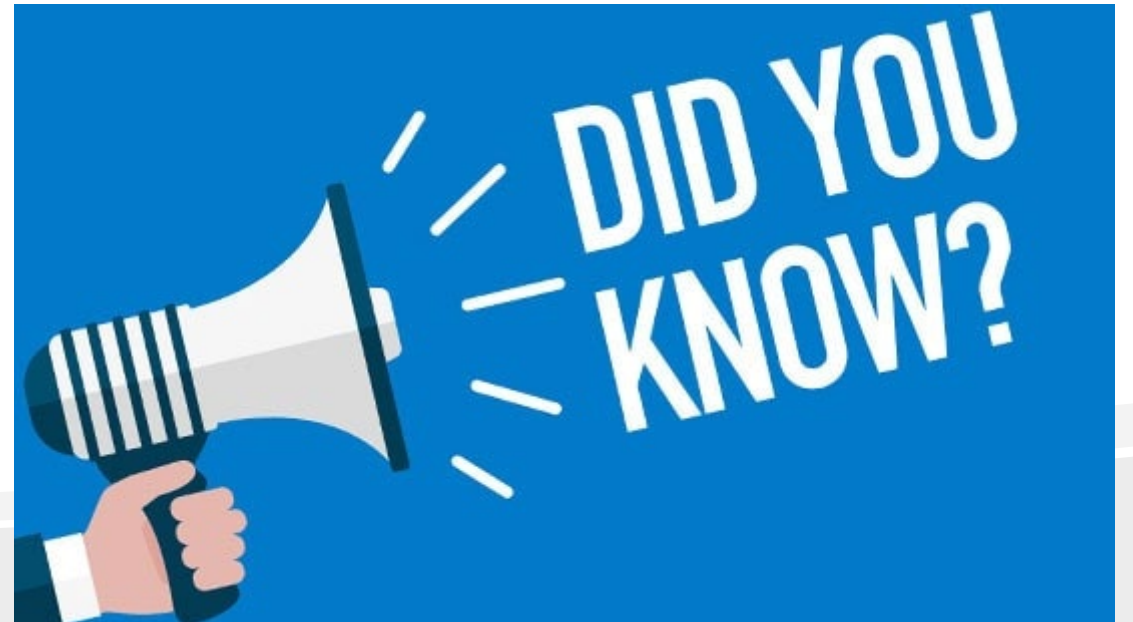
Importance of Reading Food Label

- Increases awareness
- Allows one to make healthier choices
- Breaks down ingredients that are placed into products
- Can educate you what ingredients are placed into products



Food Label

Did you know that the food label is based on a 2,000 calorie diet? – Therefore, it is not individualized for you! Please meet with your dietitian to obtain calorie range



Serving Size

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%

The serving size is a *measured* amount of food.

Above the serving size it will show “servings per container.”



For instance, in a small bag of chips there may be 2.5 servings. This would mean you would have to multiple every number shown on the food label by 2.5.

Looking above, we see there are 8 servings. We would have to multiple 230 calories by 8 servings to get 1,840 calories. This would then be continued for all items listed beneath calories. Such as total fat, 8g would be multiplied by 8 servings to get 64 g of total fat.

Serving Size

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container about 2

1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.



On the example above it notes the serving size as 1 c. Let's say we had 3 servings, how many cups would you have consumed? Answer noted at the bottom of the page.

Check the serving size on food labels to determine if the number of servings you are eating is smaller or larger. This will help you stay within your daily calorie goal.

Daily Value (DV)

Understanding the Percent Daily Values (% DV) on a food label can help you choose foods high in good nutrients and low in bad nutrients.

The % DV is based on a 2,000-calorie diet. If you eat less than 2,000 calories a day, your daily value may be lower than what is listed on the label. If you eat more than 2,000 calories a day, your daily value may be higher.



5-20 Rule

**5% or less means nutrient
is not a good source
for daily value**

20% or more is ideal

5% DV or less is low

20% DV or more is high

Choose foods with a low % DV for fat, saturated fat, trans fat, cholesterol, or sodium.

Summary of % Daily Value

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat		Less than	20g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

- The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

Calories



The number of calories is the total amount of energy the food provides.



Pay attention to calories. If you eat more OR less calories than your body uses, over time you may gain weight.

Wait, if I under eat I can gain weight? YES. Your body goes into starvation mode, where it then wants to hold onto all food you take in and store it as fat. To reduce this likelihood, we recommend to have 5-6 small frequent meals throughout the day!

Amount of Serving	
Calories 250	Calories from Fat 110

2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. **Tip:** Remember that a product that's fat-free isn't necessarily calorie-free.

Another important part of the label is the number of calories from fat. You should limit the number of calories from fat to 20-35% of your total daily calories.



How do we figure out how many calories from fat are in this product?

You would take 110 calories from fat divided by total calories. In the display above, this would be 110 calories from fat/250 total calories in ONE serving. This would then give us 0.44. To make this a percentage, we would multiply by 100 (or move the decimal 2 places.) With that, we would know that 44% of the calories from this product comes from fat.

Any product that goes over 50% this would not be a healthy choice. Try to aim for 20-35% coming from fat to stay within daily goal.

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Nutrients to Limit

How to Read a Label

1. Start Here

Serving Size: Compare this to the portion size you are eating.

2. Check Calories

4. Limit These Nutrients

5. Get Enough of These Nutrients

Nutrition Facts	
Per slice (35 g)	
Amount	% Daily Value
Calories 85	
Fat 1 g	2%
Saturated 0.5 g + Trans 0 g	3%
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Carbohydrate 15 g	5%
Fibre 3 g	13%
Sugars 2 g	
Protein 3 g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

3. %DV Guide

- 5% or less is LOW
- 20% or more is HIGH

What nutrients should I limit?

Saturated fat, trans fat, cholesterol, and sodium, are those that should be limited within the diet as these can increase the risk for heart disease, cancer, or diabetes.

Total fat is important to monitor, but saturated fat and trans fat are those that should be monitored closely. These fats may raise your blood cholesterol level, which can increase your risk of heart disease.

Choose foods containing less than 10% of calories from saturated fat.

Phrases on Food Packages

Often times food packets note phrases that can be confusing. Please use this slide as a guide to monitor sodium intake. If you have hypertension it is important to monitor sodium intake, where it is recommended to consume 2300 mg sodium or less daily.



Sodium free/ salt free

<5 mg per serving

Very low sodium

35 mg or less per serving

Low sodium

140 mg or less per serving

Reduced/less sodium version

At least 25% less than regular

Lightly salted version

At least 50% less than regular

Unsalted/ no salt added processing

No salt added to product during



Phrases on Food Packages



In addition to sodium, we often see various wording regarding fat. Below explains what each phrase entails. Please use this as a guide when purchasing various products at the store. These often can be found on milk, sweet treats, condiments (such as sour cream or salad dressing), chips, coffee creamer, and even canned goods (such as refried beans.)



Fat free

<0.5 g per serving

Low Saturated Fat

1 g or less per serving or 15% or less of calories

Low Fat

3 g or less per serving

Reduced Fat

At least 25% less than regular version



Phrases on Food Packages: Sugar

DIFFERENCES TYPES OF SUGAR



FRESH FRUITS



- 5-10% sugar
- Contain 85% water, vitamins, fiber ...

•Their consumption prevents and improves many diseases



PRODUCTS WITH SUGAR



- 10% sugar or more
- With flours, fats, sweeteners and additives

•Their consumption causes and aggravates many diseases



What about no added sugar vs. sugar free?

No added sugar refers to containing natural sugar. The sugar content within the product was not placed into the product during processing.

Based on a 2,000 calorie diet, it is recommended to limit added sugar to 50 g or less daily.

Sugar-free refers to having less than 0.5 g of sugar from both natural or added sugar.



This an example of a product reading “No sugar added.”

Again please note this means sugar was NOT added during food processing

Nutrition Facts / Datos de Nutrición

3 servings per container / raciones por envase

Serving Size / Tamaño de ración

2 bars / paletas (148g)

Amount per serving / Cantidad por ración

	1 Bar / Paleta	2 Bars / Paletas	6 Bars / Paletas
Calories / Calorías	45	90	280
	% DV* / %VD*	% DV* / %VD*	% DV* / %VD*
Total Fat / Total de grasas	0g 0%	0g 0%	0g 0%
Saturated Fat / Grasas saturadas	0g 0%	0g 0%	0g 0%
Trans Fat / Grasas trans	0g	0g	0g
Cholesterol / Colesterol	0mg 0%	0mg 0%	0mg 0%
Sodium / Sodio	0mg 0%	5mg 0%	20mg 0%
Total Carbohydrate / Total de carbohidratos	11g 4%	23g 8%	68g 24%
Dietary Fiber / Fibra dietética	1g 3%	2g 7%	7g 25%
Total Sugars / Total de azúcares	2g	4g	11g
Incl. Added Sugars / Incl. azúcares agregados	0g 0%	0g 0%	0g 0%
Sugar Alcohol / Alcohol de azúcar	3g	6g	18g
Protein / Proteínas	0g	0g	<1g
Vitamin D / Vitamina D	0mcg 0%	0mcg 0%	0mcg 0%
Calcium / Calcio	0mg 0%	0mg 0%	10mg 0%
Iron / Hierro	0mg 0%	0.1mg 0%	0.3mg 0%
Potassium / Potasio	25mg 0%	50mg 0%	150mg 2%
Vitamin C / Vitamina C	33mg 35%	66mg 70%	200mg 220%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* El % de Valor Diario (VD) le dice cuánto de un nutriente en una ración de alimento contribuye a la dieta diaria. La recomendación nutricional general es de 2,000 calorías diarias.

INGREDIENTS: WATER, STRAWBERRIES, SORBITOL**, MALTODEXTRINS, GLYCERIN, GRAPE JUICE FROM CONCENTRATE (WATER, GRAPE JUICE CONCENTRATE), POLYDEXTROSE, CITRIC ACID, ASCORBIC ACID (VITAMIN C), GUAR GUM, SUCRALOSE, STRAWBERRY JUICE FROM CONCENTRATE (WATER, STRAWBERRY JUICE CONCENTRATE), CAROB BEAN GUM, NATURAL FLAVOR, ACESULFAME POTASSIUM, BEET JUICE COLORS, TURMERIC OLEORESIN COLOR.

**SENSITIVE INDIVIDUALS MAY EXPERIENCE A LAXATIVE EFFECT FROM EXCESS CONSUMPTION OF THIS INGREDIENT. § CONTRIBUTES INSIGNIFICANT AMOUNTS OF TOTAL SUGARS.

INGREDIENTES: AGUA, FRESAS, SORBITOL**, MALTODEXTRINAS, GLICERINA, JUGO DE UVA DE CONCENTRADO (AGUA, CONCENTRADO DE JUGO DE UVA), POLIDEXTROSA, ÁCIDO CÍTRICO, ÁCIDO ASCÓRBICO (VITAMINA C), GOMA DE GUAR, SUCRALOSA, JUGO DE FRESA DE CONCENTRADO (AGUA, CONCENTRADO DE JUGO DE FRESA), GOMA DE ALGARROBA, SABOR NATURAL, ACESULFAME DE POTASIO, COLOR DE JUGO DE REMOLACHAS, COLOR DE OLEORRESINA DE CÚRCUMA.

**INDIVIDUOS SENSIBLES PODRIAN EXPERIMENTAR UN EFECTO LAXANTE SI CONSUMEN EXCESIVAMENTE ESTE INGREDIENTE. § CONTRIBUYE CANTIDADES INSIGNIFICANTES DE TOTAL DE AZÚCARES.

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KEEP FROZEN UNTIL SERVED/MANTENER CONGELADO HASTA EL MOMENTO DE SERVIR

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smartlabel

Scan here for more food information or call 1-866-311-6350.

Zero Sugar or Sugar Free

Often times these products are high in sugar alcohol. Sugar alcohol is a product that was created by men that has around 2 calories for each gram (less than regular sugar.)

It should be noted that consuming in excess may cause diarrhea.



Nutrition Facts	
Serving Size 2 Pieces (37g)	
Servings Per Container About 3	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 0g	
Sugar Alcohol 23g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

What's the Difference?

Natural Sugar

VS

Refined Sugar

- Naturally present in unprocessed foods
- Loaded with lots of healthy benefits
- Good source of fibre, vitamins and minerals

Found in:
Banana, Berries,
Milk, Cheese

- Synthesised and artificial
- Provides ZERO benefit
- High glycemic index causing blood sugar spikes

Eg.
Sucrose (table sugar), Glucose,
High-Fructose Corn Syrup

Natural Sugar Vs Added Sugar What's the difference?

Natural Sugar

Those sugars found naturally occurring in foods such as fruits, vegetables, plain dairy, nuts, seeds & grains. These do not count towards daily sugar intake & consumption does not need to be reduced as these foods provide many nutrients.



Fresh fruit and vegetables



Frozen fruit or vegetables



Dried fruit



Nuts and seeds



Tinned fruit or vegetables (in water or juice)



Plain milk and yoghurts



Grains such as rice, flour, oats etc.



THE NUTRITION CONSULTANT

Added Sugar

These get added to foods and drinks during manufacturing, in the home, by chefs or occur during food processing such as juicing. We need to reduce the amount of these sugars. Added sugar is also referred to as free sugar.



Honey, syrups, and nectures

Fruit or vegetable purées, pastes and concentrates



Juices and smoothies (more than 150ml per day)

White sugar, brown sugar, organic sugar, coconut sugar etc.



Flavoured yoghurts and milks



Cakes, chocolate, soft drinks and other confectionery

Ingredients – Words for Sugar

- High fructose corn syrup (HFCS)
- Agave nectar
- Dextrin
- Maltose
- Sucrose
- Molasses
- Ethyl maltol
- Evaporated cane juice (fruit juice)
- Invert sugar
- Look for words that end in “ose”
- Look for “syrup”
- Look for “sugar” - cane sugar



Summary of how to Read a Food Label

SERVING SIZE

Always check the serving size first.

If you eat more than that, you're taking in more calories, fat, and sugar than what's listed.

If needed, measure out one serving size before chowing down.

FAT

Avoid anything that contains trans fats.

Choose foods with more unsaturated fats than saturated fats, and skip foods that contain more than 10 percent of their calories from saturated fat.

PROTEIN

When comparing two products that are similar in calories and sugar, choose the food with more protein.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 250 Calories from fat 10

% Daily Value*

Total Fat 4% 4%

Saturated Fat 1.5% 4%

Trans Fat

Cholesterol 50mg 28%

Sodium 150mg 15%

Total Carbohydrate 10g 3%

Dietary Fiber 5g

Sugars 3g

Protein 16%

Vitamin A 1% ▪ **Vitamin C** 3%

Calcium 2% ▪ **Iron** 2%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR), HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, CALCIUM PROPIONATE, SORBIC ACID, BUTTER, MILK, WHEY, CITRIC ACID, MOLASSES

INGREDIENTS LIST

Long list of hard-to-pronounce ingredients? **Red flag.**

Look for ingredient lists that are as short as possible and contain whole-food ingredients.

If a food contains any sketchy ingredients, make sure it's just one or two and that they're toward the end of the list.

SODIUM

Stay away from packaged foods that contain more than 500 milligrams of sodium per serving.

CARBS

The source of carbs in a food is more important than the amount.

Look for foods that contain as much fiber as possible. (About 3 grams per serving.)

Steer clear of refined simple carbs like enriched or bleached flour, and look for terms like whole-wheat, whole-grain, or whole ingredients like oats or quinoa.

SUGARS

Sugar in foods can either be naturally-occurring or added. The source of that sugar is more important than the amount.

You want to avoid added sugar—which you'll see in the ingredients list as words like sucrose, maltose, dextrose, agave, honey, and corn syrup—as much as possible.

Men should have less than 36 grams of added sugar per day. Women should have less than 25 grams.