



SURGICAL WEIGHT LOSS NUTRITION

Class II

Why read Food Labels?

- Increases mindfulness
- Helps to make healthier choices
- Show what ingredients are in a food
- Show the nutrients in a food

HOW TO DECODE A NUTRITION LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	
Potassium 235mg	

* 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.

SERVING SIZE:

Check to see if the serving size is realistic for the amount you are going to eat.

WHY %DV MATTERS:

%DV are based on a 2,000 calorie diet.

Aim for less than 5% of: saturated fat, cholesterol, & sodium.

FIBER IS A CARB:

MORE PROTEIN, LESS ADDED SUGAR:

Ideally find products with higher protein content than added sugar.

Look for snacks with less than 10g of added sugar.

INGREDIENT LIST... THE MOST IMPORTANT SECTION

Choose food products that have simple, real, and minimal ingredients.

Serving Size

- Amount of food that is measured based on what a “typical” person eats of the food.
- Nutrient numbers are based on the specific serving size listed.
- **If you eat MORE, track MORE**
- To help with portion control, try to eat the serving size first. Wait for about 15 minutes and assess if you are still hungry.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

If you eat 3 cups (3 servings):

230 calories x 3 servings = 690 calories

Calories

- Calories are the total amount of energy the food provides.
- Calories are important, because at the end of the day, weight loss is really about eating less calories than your body burns.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories

230



Nutrients to Limit

- Saturated fat should be less than 10% of total calories
- Trans fat should be as little as possible
- Sodium should be 2300 mg or less per day
- Total sugars should be less than 10% of total calories



This example food label is high in Added Sugars – a food lower in added sugar would be a better choice.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

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Includes 10g Added Sugars **20%**

Protein 3g

Daily Value

- This is the % of each nutrient for a 2,000 calorie diet.
- It can be helpful to do a quick look – if you are eating less than 2,000 calories per day the value will be higher and if you are eating more than 2,000 calories a day the value will be lower.
- 5% or lower of the daily value is low.
- 20% or higher of the daily value is high.



This example food label is high in Added Sugars – a food lower in added sugar would be a better choice.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
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Includes 10g Added Sugars	20%
Protein 3g	

Phrases from Labels

- 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 At least 25% less than regular version
- Lightly salted At least 50% less than regular version
- Unsalted/ no salt added No salt added to product during processing
- 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

Sugar

- Invert Sugar
- High fructose corn syrup (HFCS)
- Agave nectar
- Honey
- Dextrin
- Maltose
- Sucrose
- Molasses
- Ethyl maltol
- Evaporated cane juice (fruit juice)
- Words ending in “-ose”

Nutri|Sense

8 Common Forms of Sucrose

Granulated Sugar

16 calories
4 mg of sugar
0 mg of sodium



Powdered Sugar

16 calories
4 g of sugar
0 mg of sodium



Superfine Sugar

16 calories
4.2 g of sugar
0 mg of sodium



Brown Sugar

11 calories
2.9 g of sugar
0.8 mg of sodium



Demerara Sugar

15 calories
4 g of sugar
0 mg of sodium



Turbinado Sugar

18 calories
4.6 g of sugar
0.1 mg of sodium



Muscovado Sugar

51.5 calories
4.6 g of sugar
0.8 mg of sodium



Liquid Sugar

12.2 calories
3.2 g of sugar
0.1 mg of sodium



*Nutrition Facts in 1 teaspoon

Picture source: <https://www.nutrisense.io/blog/a-guide-to-different-types-of-sugar>

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.

Helpful Tips