



## FOOD LABELS 1:

### Breakdown

grab some food | make smart decisions

**Food Labels aren't there to **help** YOU 😐 – you gotta know some tricks, 1st**

**Food labels, nutrition facts labels, nutrition labels...** whatever you call them, are there as a response to **LAWFUL** regulation and not in “good faith” by food companies!

But...

If you know the **WHY** you pick up a food and spin it around, then you will **UNDERSTAND WHAT** you actually are consuming.

I'll assume you have decided to change your eating and are shopping with healthy **GOALS** in mind.

Now it's time to **breakdown every label**.

## Serving Size

<b>Nutrition Facts</b>	
Serving Size 4 pieces (54g)	
Servings Per Container about 9	
<b>Calories</b> 280	

## Macros & Micros

Amount Per Serving		%Daily Value*	Amount Per Serving		%Daily Value*
<b>Total Fat</b> 20g		<b>31%</b>	<b>Total Carbohydrate</b> 24g		<b>8%</b>
Saturated Fat 5g		<b>25%</b>	Dietary Fiber 1g		<b>4%</b>
<b>Cholesterol</b> 10mg		<b>3%</b>	Sugars 14g		
<b>Sodium</b> 180mg		<b>8%</b>	<b>Protein</b> 2g		
Vitamin A 0%		•	Vitamin C 0%		•
			Calcium 0%		•
			Iron 6%		

## Ingredients

PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN, COTTONSEED), SUGAR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, WHOLEFAT MILK, NATURAL & ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, SALT, CORN SYRUP SOLIDS, WHEAT STARCH, SOY LECITHIN, SORBITAN MONOSTEARATE, GUAR GUM, POTASSIUM SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, KARAYA GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 80, CARAMEL COLOR.

**RRS2050 RICH FROSTED POPEMS 809**

three parts of every single food label

# Nutrition Facts

about 8 Servings Per Container

**Serving Size 4 pieces (60g)**

**Amount per serving**

**Calories**

**330**

**% Daily Value\***

**Total Fat** 26g **33%**

Saturated Fat 14g **70%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 8g

**Cholesterol** 10mg **3%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber <1g **3%**

Total Sugars 13g

Includes 13g Added Sugars **26%**

**Protein** 2g

Vitamin D 0mcg 0% Calcium 20mg 0%

Iron 1.1mg 6% Magnesium 100mg 2%

\* 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.

INGREDIENTS: VEGAN SHORTENING (VEGETABLE OIL), SUGAR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, HYDROGENATED VEGETABLE SHORTENING (PALM KERNEL AND/OR PALM), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HYDROGENATED PALM KERNEL OIL, SOY FLOUR, INVERT SUGAR, MALTODEXTRIN, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM DIPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ALUMINUM SULFATE), BUTTER, MILK, CORN SYRUP SOLIDS, SALT, VANILLA FLAVOR, WHEAT STARCH, NATURAL & ARTIFICIAL FLAVORS, TAPIOCA STARCH, SOY LECITHIN, WHEY, BUTTERMILK, MILK PROTEIN CONCENTRATE, POLYGLYCEROL ESTERS OF FATTY ACIDS, XANTHAN GUM, MONO- AND DIGLYCERIDES, POLYSORBATE 60, POTASSIUM SORBATE (PRESERVATIVE), CELLULOSE GUM, WHEAT GERM, GUAR GUM, LOCUST BEAN GUM, NUTMEG OIL, WHEY PROTEIN CONCENTRATE, WHEAT PROTEIN ISOLATE, SORBITAN TRISTEARATE, BETA CAROTENE (COLOR).

R19-056

**CONTAINS WHEAT, SOY, MILK, EGG.**



1

Get your serving size down to 1 "4 pieces/serving" = divide everything by 4

2

Total Carb – Sugar – Fiber = Complex Carbs

3

Protein, multiplied by 4 give you calories of protein

4

Saturated Fats – keep them below 7% per day

5

Types of Sugar  
Make sure which additives are sweeteners or derived directly from sugar

6

Look for hidden ingredients! Typically trans fats ("hydrogenated") and bean oils that appear first or second

6 step gameplan

[!\[\]\(5eb1325dfdc3f1cad8426726c0db51cd\_img.jpg\) Intermittent fasting Breakdown here](#)

[!\[\]\(eafc244b53721dd1ec133f0772f70fc7\_img.jpg\) Check out my next \*\*kettlebell workout\*\* | your  
fresh & free weekly Thursday workout](#)

