COACH JOHANN CSCS



FOOD LABELS 2:

Quick Hits

grab some food | make a smart decision

Labels: Quick Hits

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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.

basics

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Amount Po	Amount Per Serving	%Daily Yalue*	Amount Per Serving	NDelly	Yalue*
Total Fa	Total Fat 20g	31%	Total Carbohydrate	240	8%
	Saturated Fat 5g	25%	Dietary Fiber 1g		4%
Saturated	Cholesterol 10m	3%	Sugars 14g		
Choleste	Sodium 180mg	8%	Protein 2g		
Sodium '	Vitamin A 0% •	Vitamin C 0%	Calcium 0%	• Iron	6%
Vitamin A	0% • Vitar	min C 0% •	Calcium 0%	• In	on 6%

<u>Ingredients</u>

PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN, COTTONSEED), SUGAR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, MACIN, THAMINI MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, COCCA (PROCESSED WITH ALXALI), HIGH FRUCTOSE CORN SYRUP BGG YOLKS, LEAVENING BAKING SOOA, SOOUM ACID PYROPHOSPHATE, SOOUM ALLMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, MONFAT WILK, NUT-URAL & ARTIFICIAL FLAVORS, MONO- AND DIGLYCERDES, SALT, CORN SYRUP SOLIDS, WHEAT STARCH, SOY LECTTHIN, SORBITAN MONOSTEARATE, GUAR GUM, POTASSIUM SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, MARKYA GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 10, CARAMEL COLOR.

RESERVATION SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, MARKYA GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 10, CARAMEL COLOR.



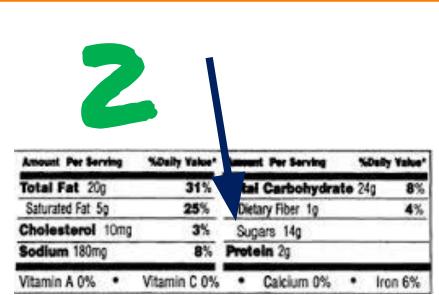
Serving size is LARGELY arbitrary.

It can be anything.

BUT, it refers to the amount of total items in the pack.

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These sections are usually:

- -fiber, sugars
- -saturated, unsaturated, trans fats
- -other vitamins and important minerals.

The percentages are **only** helpful when we might go OVER **35%** in fat, Sodium, Cholesterol in ONE SERVING.

Otherwise... their importance is relative to YOU.

Nutrients like fat, carb, protein (**macros**) are always listed. Otherwise, Sodium, Cholesterol and sometimes other nutrients are here.



INGREDIENTS: VEGETABLE SHORTENING (PALM OIL), SUGAR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ÀCID], 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 ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ALUMINUM SULFATE). NONFAT MILK, CORN SYRUP SOLIDS, SALT, DEXTROSE, 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.

Ingredients are listed at concentrations above

0.5 grams for most compounds.

Gluten and trans fats may NOT BE LISTED, but still remain inside of the foods.

1 2 3 4 5 6

Get you serving size down to 1"4 pieces/serving" = divide everything by 4 Total Carb – Sugar – Fiber = Complex Carbs Protein, multiplied by 4 give you calories of protein

Saturated Fats – keep them below 7% per day Types of Sugar Make sure which additives are sweeteners or derived directly from sugar

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

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Nutritio about 8 Ser Per Container Serving Size **Amount per serving** Calories aily Value Total Fat 26g 33% Saturated Fat 14g 70% Trans Fat 0q Polyunsaturated Fat 3g Monounsaturated Fat 8g Cholesterol 10mg 3% 7% Sodium 150mg **Total Carbohydrate 24g** 9% Dietary Fiber < 1g 3% Total Sugars 13g Includes 13a Added Sugars 26% **Protein** 2g Vitamin D 0mcg um 20mg 0% Iron 1.1mg 6% um 100mg 2%

* The % Daily Value (DV) tells you how much a nutrient in

a day is used for general nutrition advice.

a serving of food contributes to a daily diet. 2,000 calories

OIL), SUGAR, LIVING NIACIN. REDUCED IR ING (BAKI) G SODA. SODIUM FATTY ACIDS. XANTHAN GUM. MONO- AND WHEAT PROTEIN ISOLATE. SORBITAN TRISTEARATE. BETA CAROTENE (COLOR). R19-056

CONTAINS WHEAT, SOY, MILK, EGG.

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Resources

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Intermittent fasting Breakdown here

Join the next kettlebell workout Thursday free

