



FOOD LABELS 2:

Quick Hits

grab some food | make a smart decision

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

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

Macros & Micros

Amount Per Serving	%Daily Value*	Amount Per Serving	%Daily Value*
Total Fat 20g	31%	Total Carbohydrate 24g	8%
Saturated Fat 5g	25%	Dietary Fiber 1g	4%
Cholesterol 10mg	3%	Sugars 14g	
Sodium 180mg	8%	Protein 2g	
Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 6%
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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, NONFAT 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 60, CARAMEL COLOR.

RRS2050 RICH FROSTED POPEMS 809

three parts of every single food label



Serving size is **LARGELY** arbitrary.

It can be anything.

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

three parts of every single **food label**

2



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

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.

three parts of every single food label

3

INGREDIENTS: VEGETABLE SHORTENING (PALM 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 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.

three parts of every single food label

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

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% • Potassium 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.

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[!\[\]\(919a2cb85b99741a73c0c31a427236a8_img.jpg\) Intermittent fasting Breakdown here](#)

[!\[\]\(666e09182d4cd268646ea700ea60dcdf_img.jpg\) Join the next **kettlebell workout** Thursday free](#)

