

# You Are What You Eat: Reading Food Labels

### course description

An average workweek is 40 hours, and hopefully you're getting 8 hours of sleep a night. At best, that leaves you with 40 hours for yourself. You should use some of this time to fuel your body, rather than feed it.

#### serving size

- Self explanatory
- How much of a particular food is considered a serving

#### **c**alories

- One calorie is 4.184 joules.
- Cutting calories equals less energy.
- Calorie intake is based on your level of activity and amount of energy needed.

### limit these nutrients

- Fats
- Cholesterol
- Sodium

#### experts recommend

- Keep intake of saturated fat, trans fat, and cholesterol as low as possible.
- Consume no more than 11 13 grams of saturated fats.
- Limit sodium to no more than 1,500 mg.

### notes



notes

# get enough of these nutrients

- Consume fiber, protein, Vitamin A, Vitamin C, and calcium.
- Bodies need nutrients to function.
- Calories from these give you the best kind of fuel.

## footnote

- Provides some guidance on nutrients needed each day
- Often shows the daily value based on a 2,000 calorie diet
- May also include daily value of 2,5000 calories
- Shows standard nutritional suggestions, and is not specific to the product

## % daily value

- Top of the label
- What percentage of that nutrient the food will fulfill

## ingredient list

- Recognizable
- Nutrients
- Largest first

# food label as a guide

- Understand daily consumption.
- A balanced diet doesn't just mean cutting calories.
- Pay attention to everything you're consuming.