LIVE LIFE WELL

COMPREHENSIVE WELLNESS

BODY • MIND • SPIRIT

Food Labels

Reading Labels is very important. Many of us check the back but really don't know what we are supposed to look at. Do we look at all the different nutrients it contains or the ingredients list? Does it even matter which one we look at? Yes it does. Don't pay much attention to the RDA Label. This is the one below from a can of black beans:



Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container About 3.5

Amount Per Serving

Calories 120 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Potassium 310mg	**9%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 7g	**28%**
Sugars 1g	
Protein 11g	**22%**

Vitamin A 10% • Calcium 8% • Iron 15%
Thiamin (B1) 4% • Riboflavin (B2) 8%
Niacin 2% • Folate 6% • Phosphorus 15%
Magnesium 15% • Zinc 15%

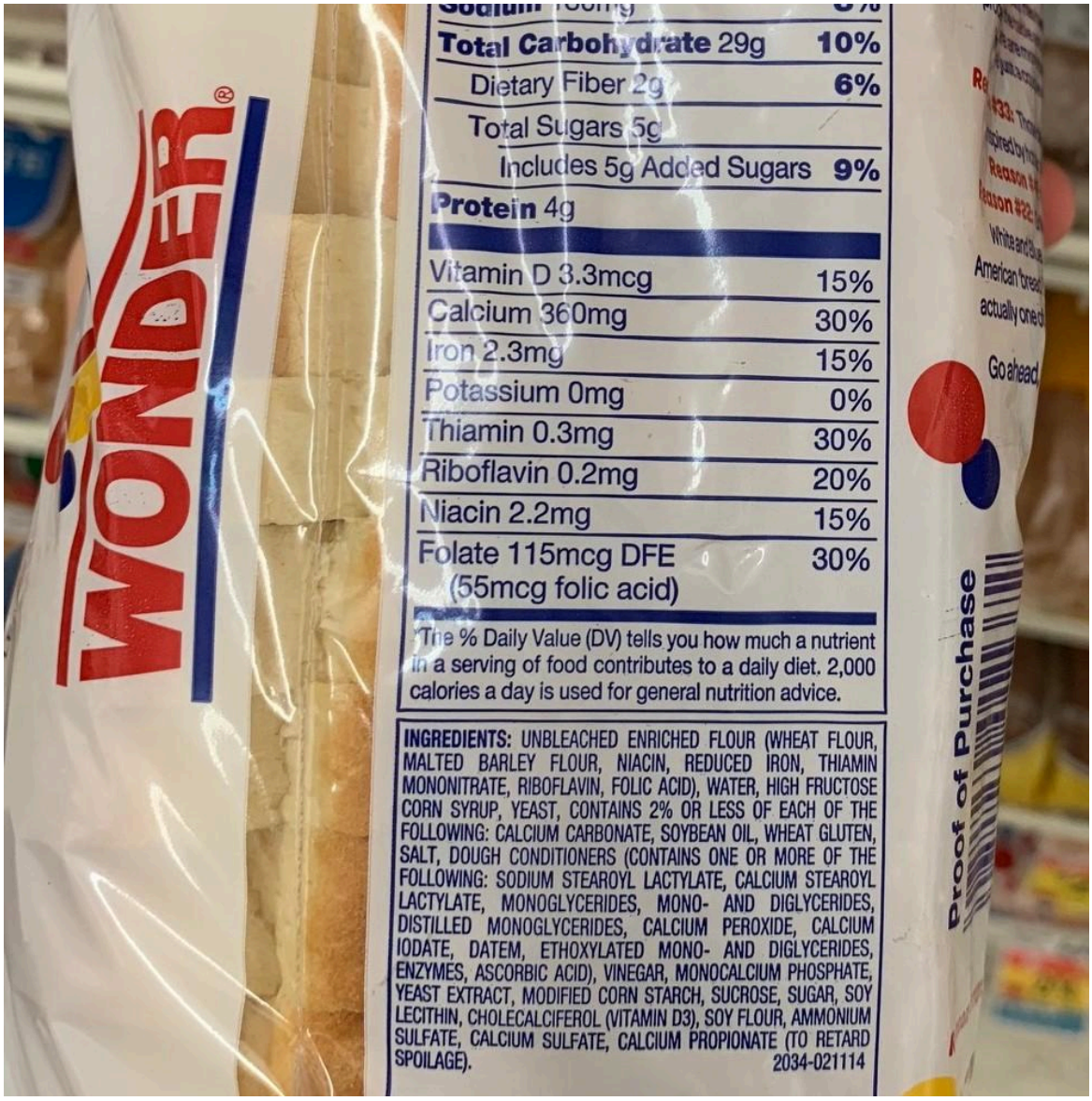
Not a significant source of vitamin C.
* % Daily Values are based on a 2,000 calorie diet.

This tells you the serving size which is good and how many servings come in the container but we want to see “what else” is in there besides black beans



This tells us there are only 3 ingredients in this can: Soy Beans, Water, and Seaweed. Who knew seaweed in Black Beans???

This is an example of a great product. I know what soy beans, water, and seaweed all are and besides Kombu I know how to pronounce them all. Good products will usually have no more than 5-6 ingredients in them and will all be recognizable. Use this as a rule of thumb. Now let’s look at a not so readable ingredient list.



So that is why it is called Wonder Bread…..you have no idea what is really in it. Reduced Iron???? What does that mean? High Fructose Corn Syrup, why? Not to mention all the glycerides, stearoyls, diatem, ethoxylated mono and diglycerides, and on and on. There are a total of at least 14 ingredients and then they throw the it “contains one or more of the following” and lists all the things that we have no idea what they are or what they do to us.

So when people ask me why bread isn’t on the diet……see above. Bread has been corrupted like no other along with all of our “shelf stable” foods. Real food wasn’t meant to sit on a shelf in perpetuity.

Ok enough about that…let's talk sneaky words for sugar>>>> Syrup, Nectar, Extract, Juice=Added Sugar

SUGAR or Is it?

Taken from the CDC.gov site:

Examples of added sugars include "natural flavors/flavoring", "organic flavors", "natural colors", brown sugar, cane juice, corn syrup, dextrose, fructose, fruit nectars, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, maple syrup, molasses, raw sugar, and sucrose.

Here are a few more the CDC lists:
Anhydrous Dextrose, Fructose, Molasses, Brown Rice Syrup, Fruit Nectar, Pancake Syrup, Brown Sugar, Glucose, Raw Sugar, Cane Juice, High-Fructose Corn Syrup, Sucrose, Confectioner's Powdered Sugar, Honey, Sugar, Corn Syrup, Invert Sugar, Sugar Cane Syrup, Crystal Dextrose, Liquid Fructose, White Granulated Sugar, Dextrose, Malt Syrup, Evaporated Corn Sweetener, Stevia, Maple Syrup, Agave Syrup, Monk Fruit

Long story short, sugar is everywhere and in just about everything so read the labels. There are all sorts of things hiding in our food and if you don't know what they are it just might hurt you.