

Steps to Evaluating Food Labels

STEP 1: Amount of Protein

How much protein is in a serving?

STEP 2: Amount of Calories

How many calories per serving?

STEP 3: Serving Size

How much counts as one serving? When you eat it, do you eat more or less than the listed amount? For example, a bottle of soda often has '2.5 servings' even though most consumers drink the entire bottle in one sitting. The nutrition facts provided are for the specified serving size and may need to be adjusted up or down.

STEP 4: Calculating Carbohydrates

Use this equation to calculate carbohydrates:

- A. Total Carbs (g)
- B. Dietary Fiber (g)
- C. Insoluble Fiber (g)

$$A - B - C = \text{Carbs}$$

STEP 5: Carbohydrate to Protein Ratio

Use the carb count from Step 4 to find the carb to protein ratio. E.g. **10g carbs:5g protein** is a **2:1** ratio.

Different people feel better eating different ratios. **For most people ratios of 1:1, 2:1, 3:1, and 4:1 are meals ratios. 5:1 ratio and above are dessert.**

Do experiments to see what ratio keeps you from being hungry 2, 3, and 4 hours later.

Do you know what you are eating?

Do you believe the food industry knows about your individual health?

Nutrition Facts	
Serving Size 1 Bar (35g)	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 8g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

OUR TASTY INGREDIENTS: ROLLED WHOLE GRAIN BLEND (HARD RED WHEAT, OATS, RYE, TRITICALE, BARLEY), BROWN RICE SYRUP, CHERRIES (CHERRIES, APPLE JUICE CONCENTRATE, RED TART CHERRY JUICE CONCENTRATE), SEMISWEET CHOCOLATE (EVAPORATED CANE JUICE, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), SOY PROTEIN ISOLATE, SOY GRITS, EVAPORATED CANE JUICE CRYSTALS, CHICORY ROOT FIBER, EVAPORATED CANE JUICE SYRUP, HONEY, CORN FLOUR, EXPELLER PRESSED CANOLA OIL, RICE STARCH, VEGETABLE GLYCERIN, OAT FIBER, EVAPORATED SALT.

CONTAINS: (WHOLE) HARD RED WHEAT, OATS, RYE, BARLEY, TRITICALE, BROWN RICE, BUCKWHEAT, SESAME SEEDS, NATURAL FLAVORS, MOLASSES, SOY LECITHIN, WHEY PROTEIN ISOLATE, ALMOND FLOUR, PEANUT FLOUR. **CONTAINS CHERRIES AND MAY CONTAIN CHERRY PITS. CONTAINS WHEAT, SOY, MILK, ALMOND AND PEANUT INGREDIENTS. MAY CONTAIN OTHER TREE NUTS.**

STEP 6: Types & Amounts of Fats

Does the package say "No Trans Fats"? Check the ingredients for hydrogenated or partially-hydrogenated oils. Products without these are better choices. Note the industry is able to say zero when it is really 0.5 mg.

STEP 7: Ingredients Evaluation

Can you easily read all of the ingredients names? Do you know what they are? In general, the more ingredients you recognize as natural, the better. Some strange sounding ingredients (like riboflavin, or vitamin B2) are simply official names for naturally occurring vitamins. Be especially cautious of foods with high fructose corn syrup.

STEP 8: Place in Your Diet

This may be the most important part of reading labels: What purpose does this food serve in your diet? Is it a snack? Is it a meal? Is it a condiment? Is it entertainment (i.e. popcorn)? For example, it seems unreasonable to eat a 400 calorie nutrition bar as a snack but that same bar might be a good choice if it is a meal replacement.

STEP 9: Do you like the taste.

Does this satisfy you? Don't eat things you really don't like, but not everything has to be delicious. Let yourself experiment with new or different foods with the goal of making small improvements.

MEAL: 1:1 to 3:1
Carb to Protein Ratio

DESSERT: 4:1 to 6:1
Carb to Protein Ratio

SUGAR CRACK: more than
6:1 Carb to Protein Ratio



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Contact: Dr. Kristen Allott ♦ allott@dynamicbrainsconsulting.com ♦ www.KristenAllott.com
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