



BE MINDFUL ON YOUR EATING.

6 STEPS TO "MASTER THE NUTRITIONAL PANEL READING"

Take control of your eating behavior.

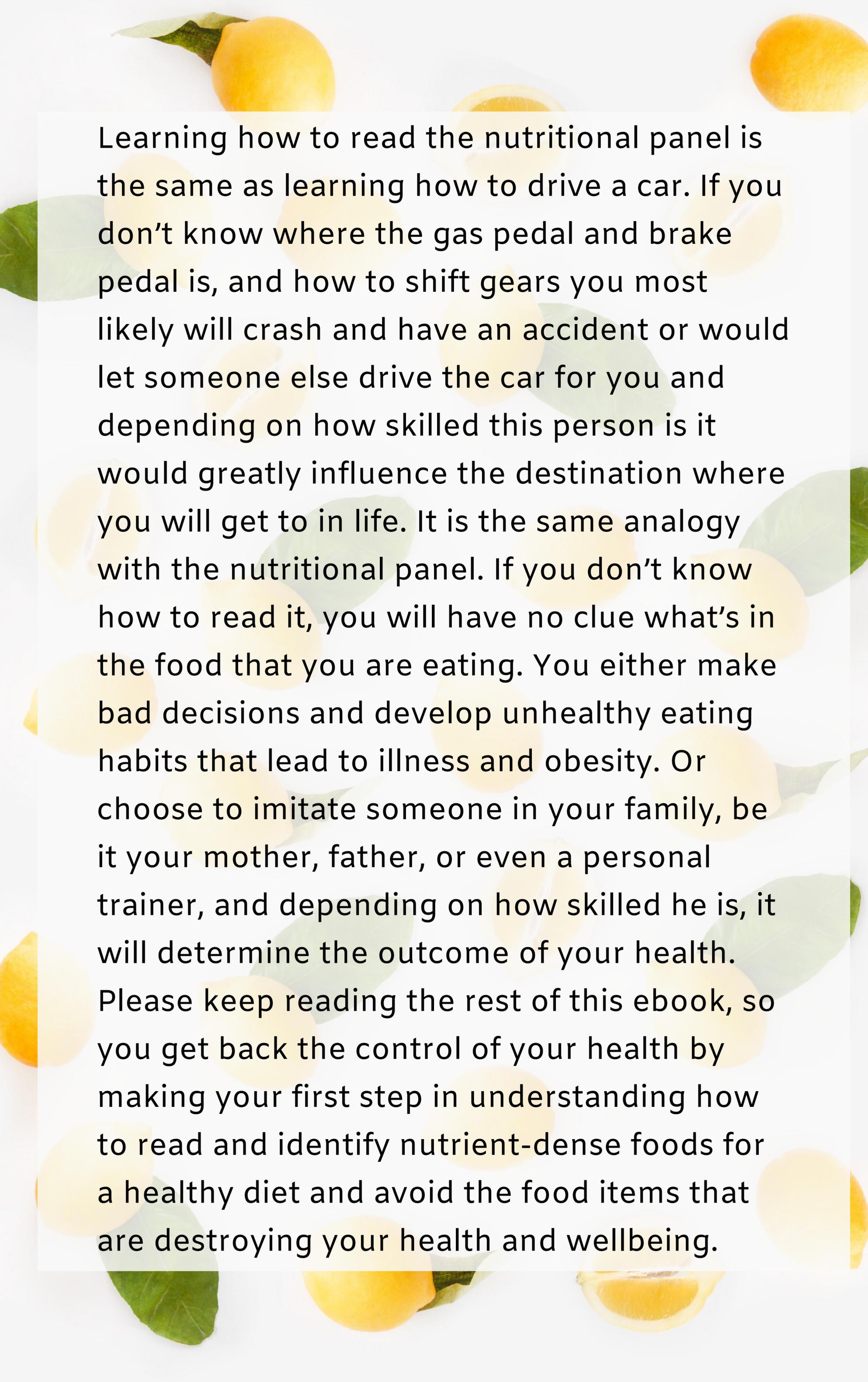
Consume foods that nourish your
body.

MORE INFO AT
WWW.HEALTHIERMELIFESTYLE.COM

The background of the entire page is a light, airy composition of various lemon slices and whole lemons. Some are whole with green leaves attached, while others are cut into wedges or halves, showing the bright yellow pulp and white pith. The lemons are scattered across the white background, creating a fresh and healthy aesthetic.

AFTER FINISHING THIS EBOOK YOU WILL HAVE IT EASIER TO:

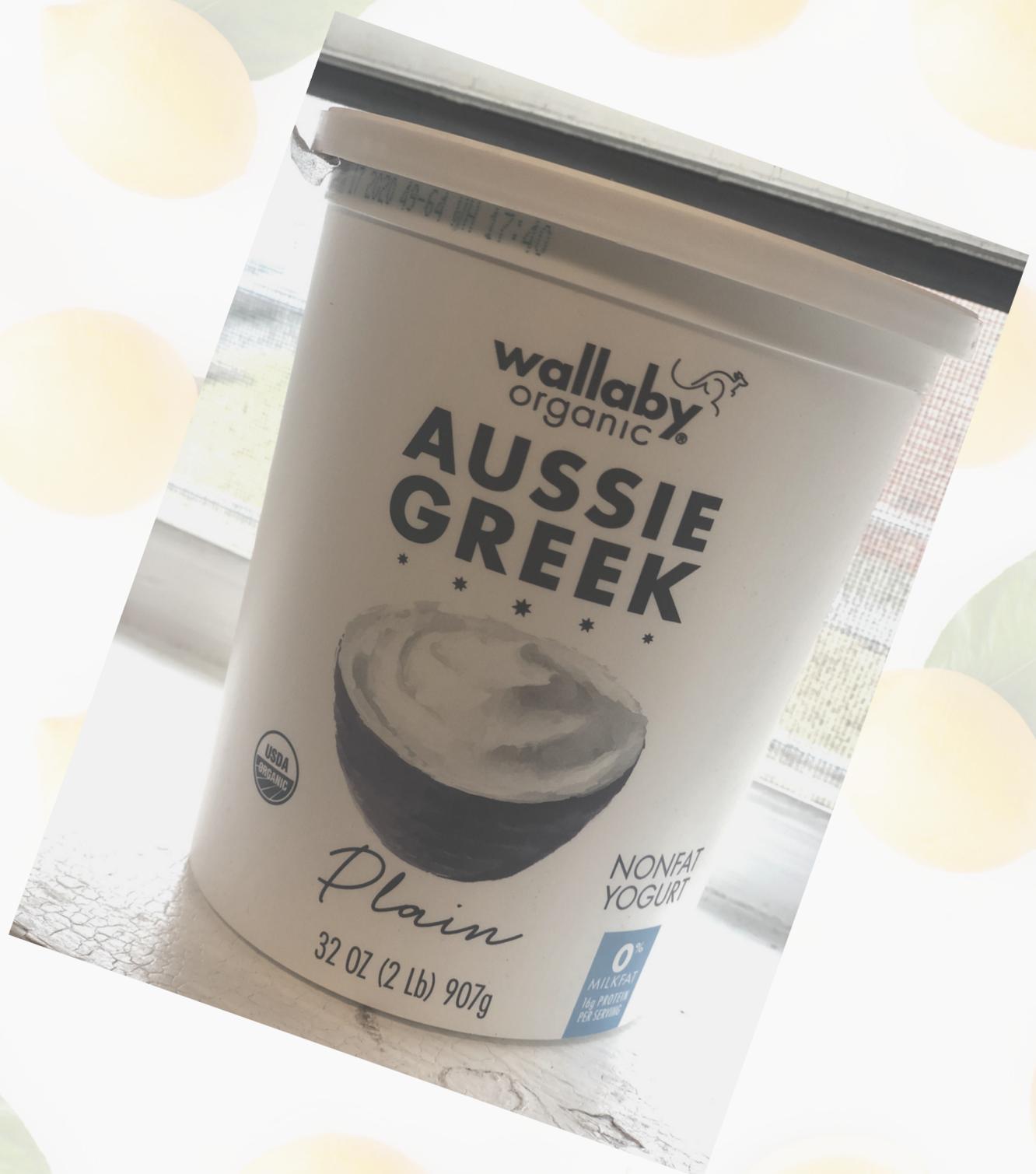
- LOSE WEIGHT
- CONSUME FOODS THAT
NOURISH YOUR BODY
- BE ENERGETIC
- STOP GARBAGE AND
THINGS THAT MAKE YOU
FAT FROM GETTING TO
YOUR SHOPPING CART

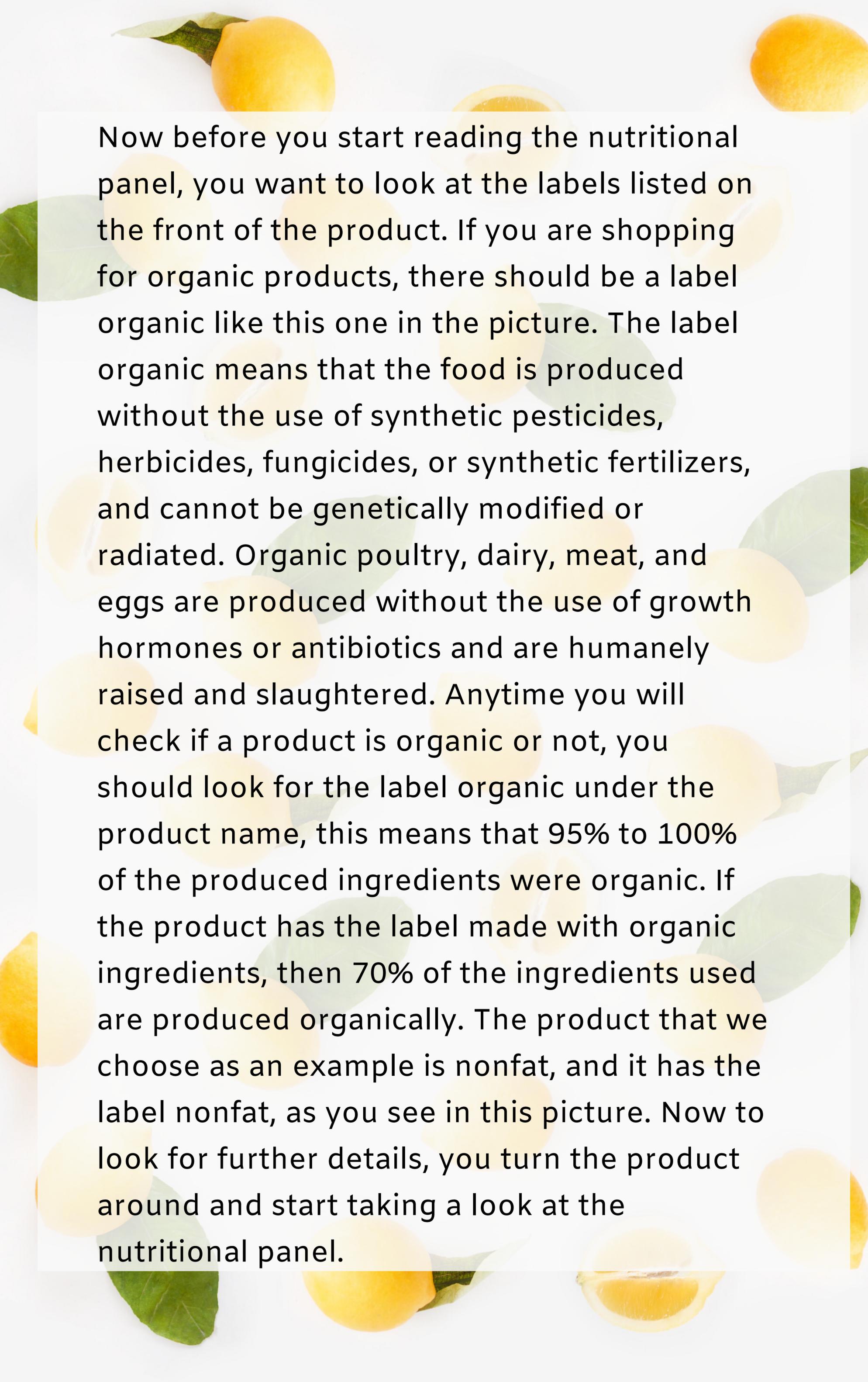
The background of the page is decorated with several lemons and green leaves. Some lemons are whole, while others are sliced into wedges. The leaves are scattered throughout, some overlapping the lemons. The overall aesthetic is fresh and healthy.

Learning how to read the nutritional panel is the same as learning how to drive a car. If you don't know where the gas pedal and brake pedal is, and how to shift gears you most likely will crash and have an accident or would let someone else drive the car for you and depending on how skilled this person is it would greatly influence the destination where you will get to in life. It is the same analogy with the nutritional panel. If you don't know how to read it, you will have no clue what's in the food that you are eating. You either make bad decisions and develop unhealthy eating habits that lead to illness and obesity. Or choose to imitate someone in your family, be it your mother, father, or even a personal trainer, and depending on how skilled he is, it will determine the outcome of your health. Please keep reading the rest of this ebook, so you get back the control of your health by making your first step in understanding how to read and identify nutrient-dense foods for a healthy diet and avoid the food items that are destroying your health and wellbeing.

**To illustrate how we read
nutritional panels step by
step, we choose one of the
favorite yogurts on the
market.**

WALLABY ORGANIC GREEK YOGURT



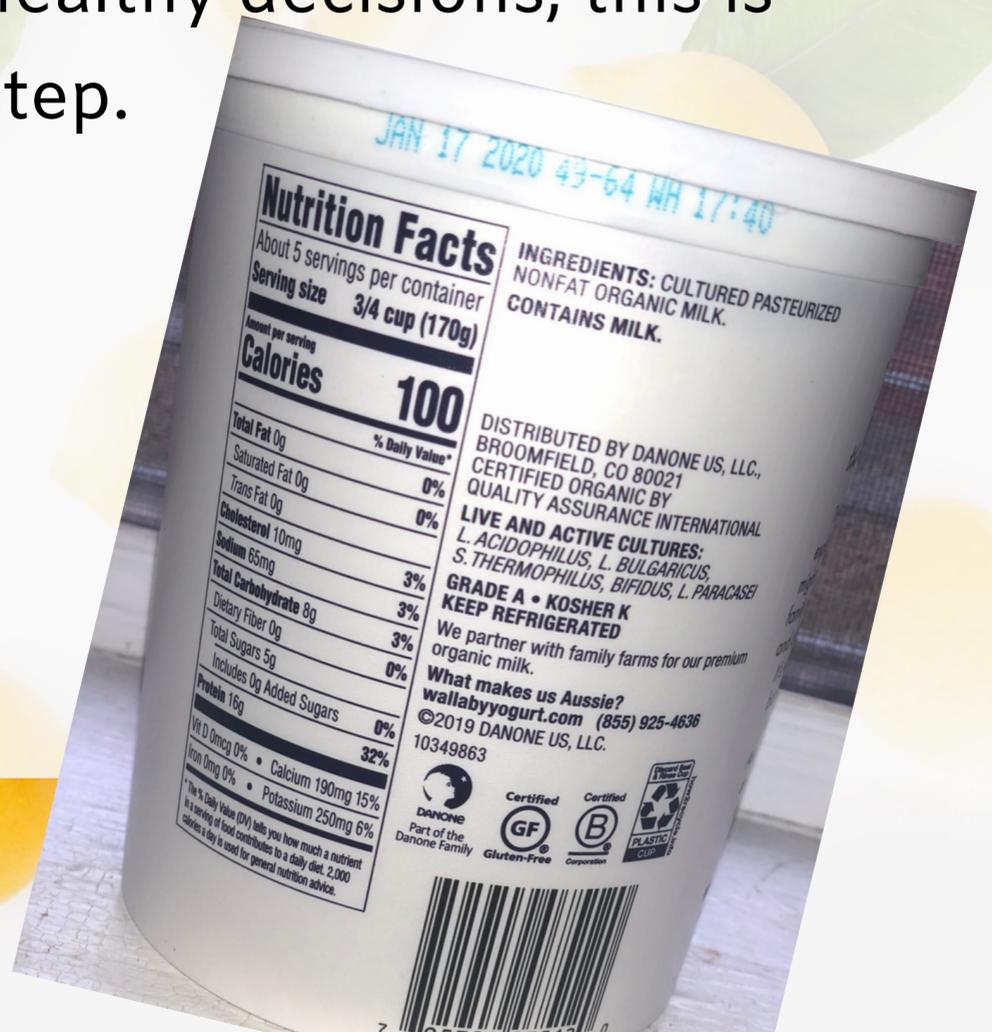


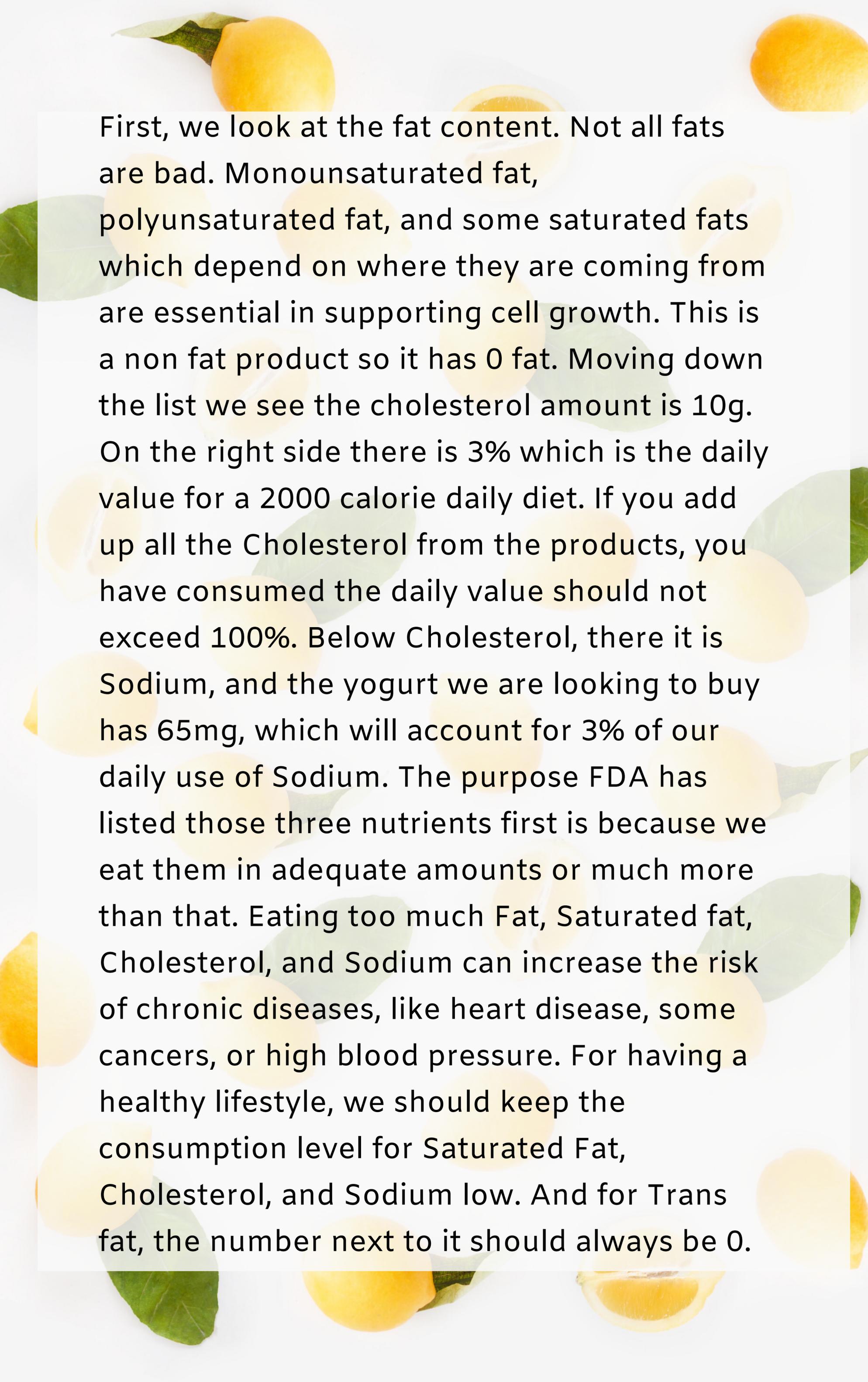
Now before you start reading the nutritional panel, you want to look at the labels listed on the front of the product. If you are shopping for organic products, there should be a label organic like this one in the picture. The label organic means that the food is produced without the use of synthetic pesticides, herbicides, fungicides, or synthetic fertilizers, and cannot be genetically modified or radiated. Organic poultry, dairy, meat, and eggs are produced without the use of growth hormones or antibiotics and are humanely raised and slaughtered. Anytime you will check if a product is organic or not, you should look for the label organic under the product name, this means that 95% to 100% of the produced ingredients were organic. If the product has the label made with organic ingredients, then 70% of the ingredients used are produced organically. The product that we choose as an example is nonfat, and it has the label nonfat, as you see in this picture. Now to look for further details, you turn the product around and start taking a look at the nutritional panel.

The first step when reading the nutritional panel is looking at the serving information at the top: This product has five servings per container. The serving size should be $\frac{3}{4}$ of a cup (170g) Be extra careful when reading this step because it is crucial to eat the exact amount to get the calories listed on the next step.

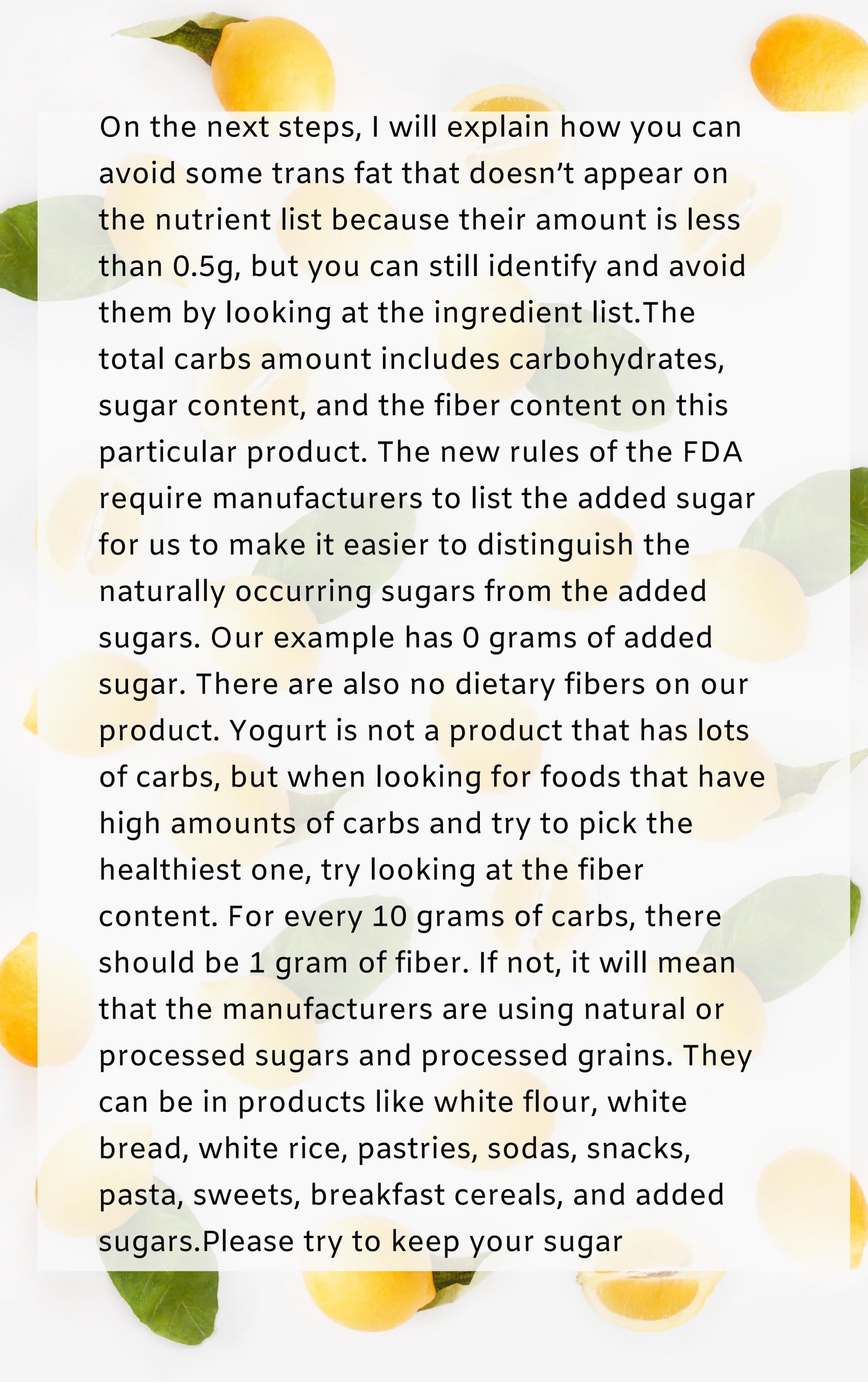
The second step in reading the nutritional panel is looking at the amount per serving. I cannot explain enough how many people confuse this number for the total calories of the product. Calories listed here are for one serving, which is $\frac{3}{4}$ of a cup or 170g.

The third step is looking at the macronutrients, which are the main things to consider when buying a product. In my opinion, for making healthy decisions, this is the most important step.

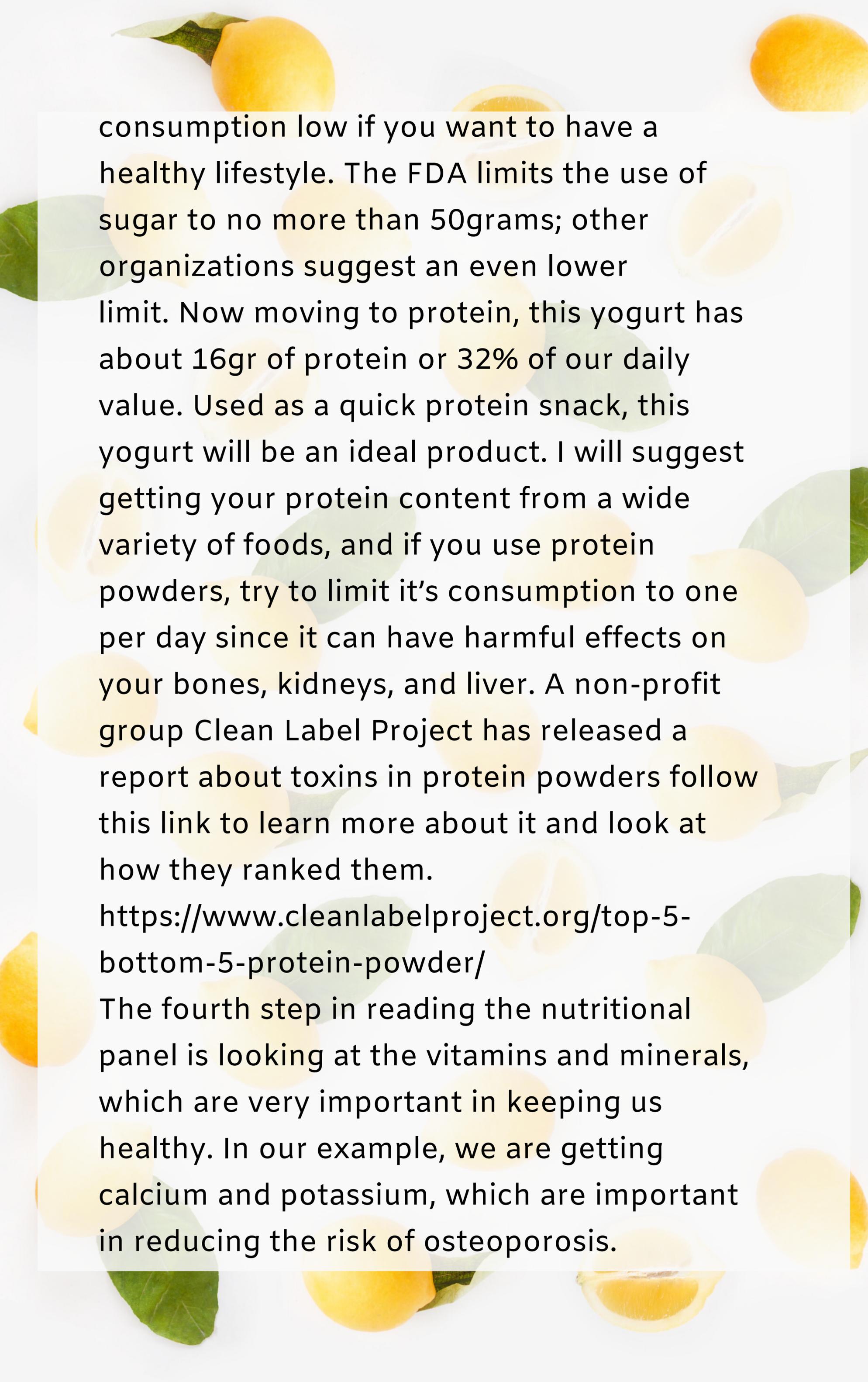


The background of the page is decorated with several lemons and green leaves. Some lemons are whole, while others are sliced into wedges. The leaves are scattered throughout, adding a fresh, natural feel to the design. The text is centered on a white background that is slightly offset from the edges of the page.

First, we look at the fat content. Not all fats are bad. Monounsaturated fat, polyunsaturated fat, and some saturated fats which depend on where they are coming from are essential in supporting cell growth. This is a non fat product so it has 0 fat. Moving down the list we see the cholesterol amount is 10g. On the right side there is 3% which is the daily value for a 2000 calorie daily diet. If you add up all the Cholesterol from the products, you have consumed the daily value should not exceed 100%. Below Cholesterol, there it is Sodium, and the yogurt we are looking to buy has 65mg, which will account for 3% of our daily use of Sodium. The purpose FDA has listed those three nutrients first is because we eat them in adequate amounts or much more than that. Eating too much Fat, Saturated fat, Cholesterol, and Sodium can increase the risk of chronic diseases, like heart disease, some cancers, or high blood pressure. For having a healthy lifestyle, we should keep the consumption level for Saturated Fat, Cholesterol, and Sodium low. And for Trans fat, the number next to it should always be 0.

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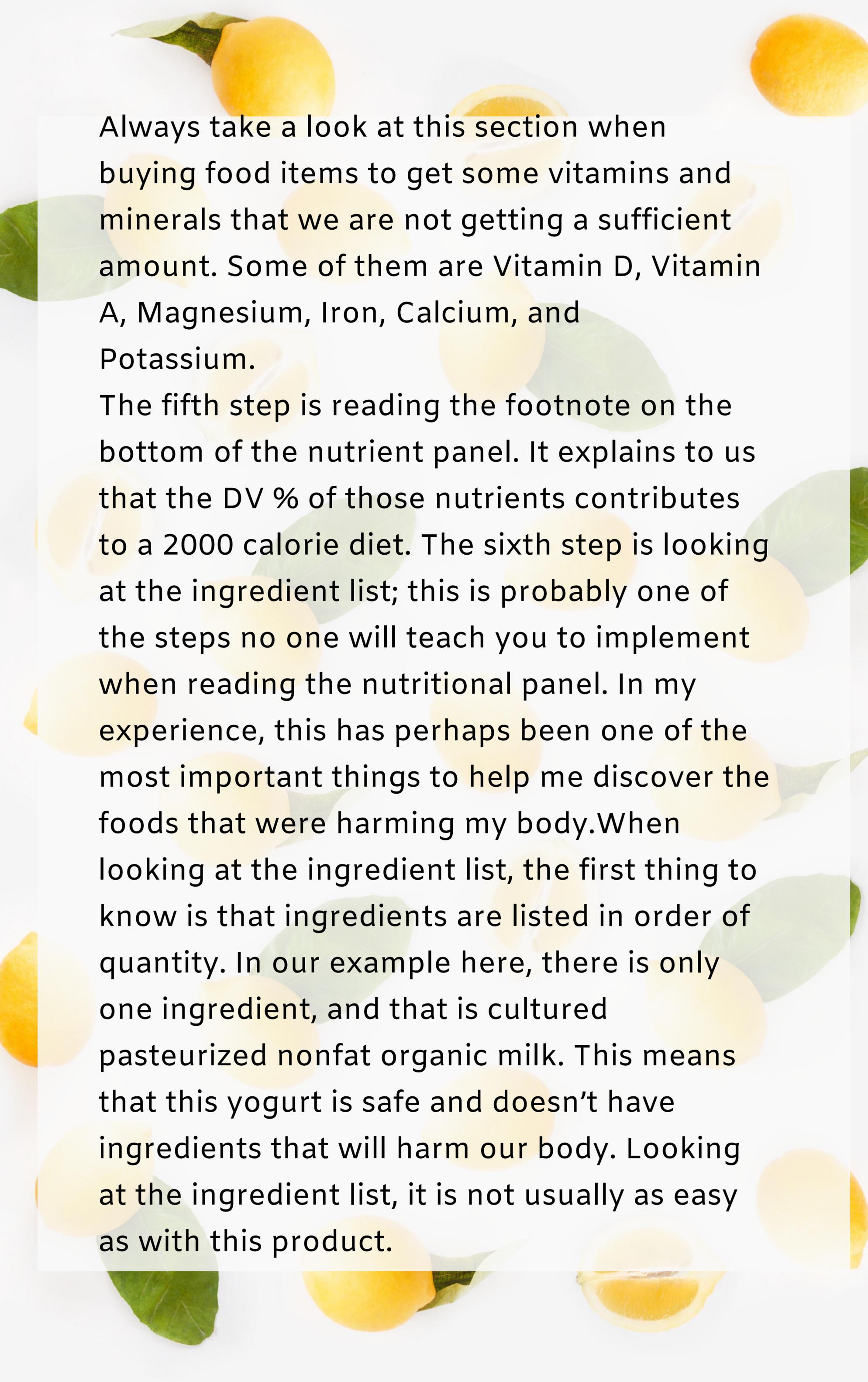
On the next steps, I will explain how you can avoid some trans fat that doesn't appear on the nutrient list because their amount is less than 0.5g, but you can still identify and avoid them by looking at the ingredient list. The total carbs amount includes carbohydrates, sugar content, and the fiber content on this particular product. The new rules of the FDA require manufacturers to list the added sugar for us to make it easier to distinguish the naturally occurring sugars from the added sugars. Our example has 0 grams of added sugar. There are also no dietary fibers on our product. Yogurt is not a product that has lots of carbs, but when looking for foods that have high amounts of carbs and try to pick the healthiest one, try looking at the fiber content. For every 10 grams of carbs, there should be 1 gram of fiber. If not, it will mean that the manufacturers are using natural or processed sugars and processed grains. They can be in products like white flour, white bread, white rice, pastries, sodas, snacks, pasta, sweets, breakfast cereals, and added sugars. Please try to keep your sugar



consumption low if you want to have a healthy lifestyle. The FDA limits the use of sugar to no more than 50grams; other organizations suggest an even lower limit. Now moving to protein, this yogurt has about 16gr of protein or 32% of our daily value. Used as a quick protein snack, this yogurt will be an ideal product. I will suggest getting your protein content from a wide variety of foods, and if you use protein powders, try to limit it's consumption to one per day since it can have harmful effects on your bones, kidneys, and liver. A non-profit group Clean Label Project has released a report about toxins in protein powders follow this link to learn more about it and look at how they ranked them.

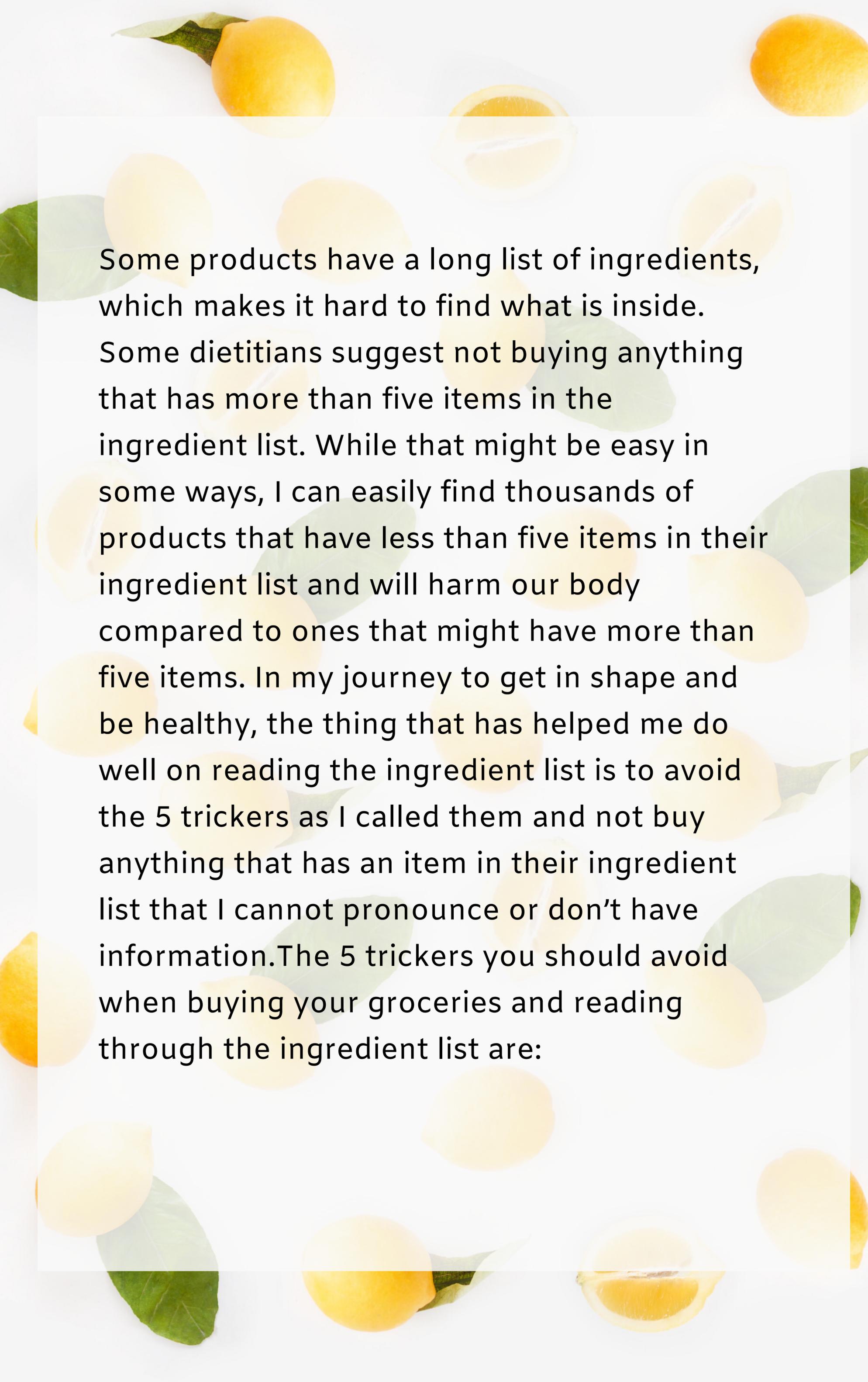
<https://www.cleanlabelproject.org/top-5-bottom-5-protein-powder/>

The fourth step in reading the nutritional panel is looking at the vitamins and minerals, which are very important in keeping us healthy. In our example, we are getting calcium and potassium, which are important in reducing the risk of osteoporosis.

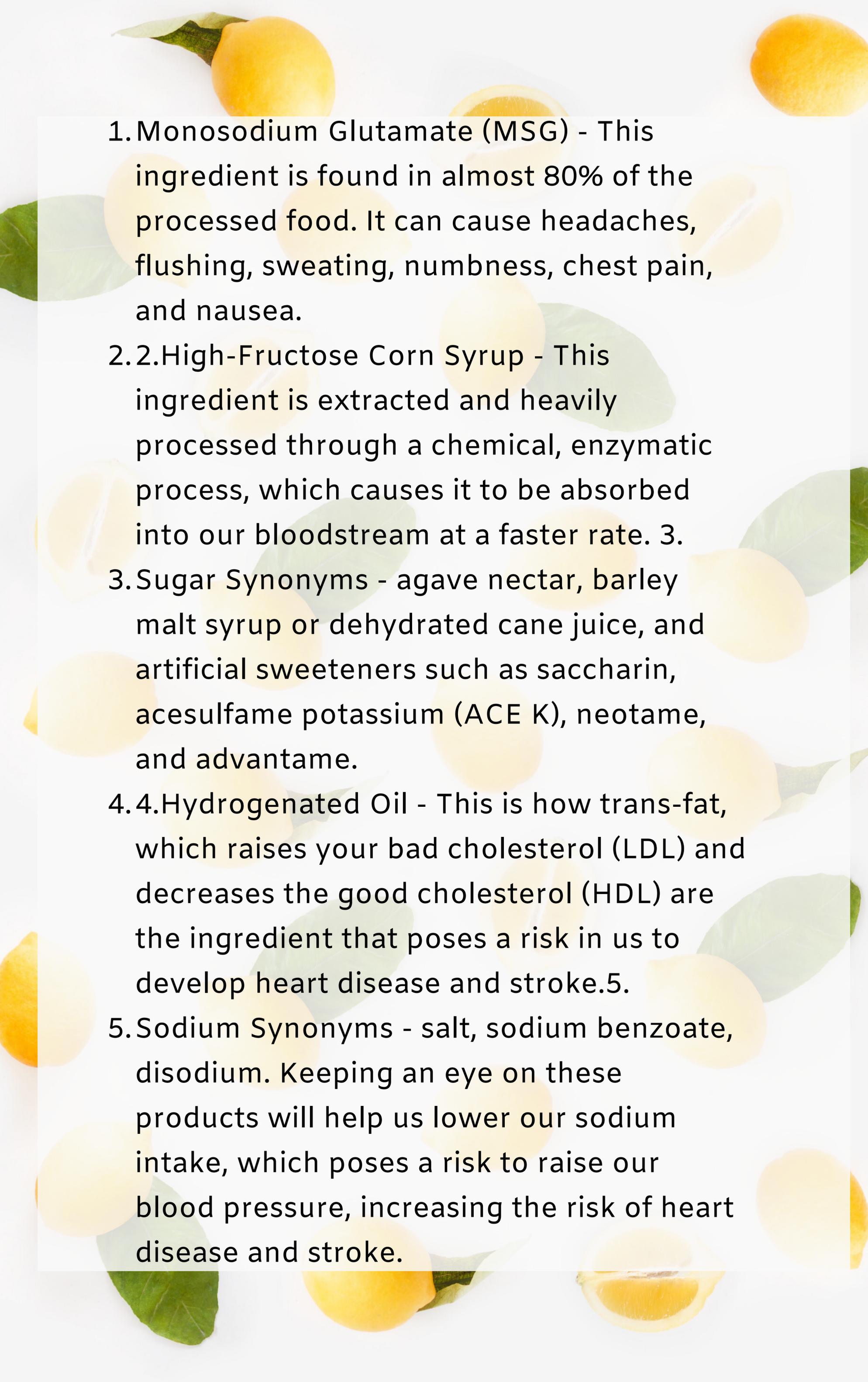
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Always take a look at this section when buying food items to get some vitamins and minerals that we are not getting a sufficient amount. Some of them are Vitamin D, Vitamin A, Magnesium, Iron, Calcium, and Potassium.

The fifth step is reading the footnote on the bottom of the nutrient panel. It explains to us that the DV % of those nutrients contributes to a 2000 calorie diet. The sixth step is looking at the ingredient list; this is probably one of the steps no one will teach you to implement when reading the nutritional panel. In my experience, this has perhaps been one of the most important things to help me discover the foods that were harming my body. When looking at the ingredient list, the first thing to know is that ingredients are listed in order of quantity. In our example here, there is only one ingredient, and that is cultured pasteurized nonfat organic milk. This means that this yogurt is safe and doesn't have ingredients that will harm our body. Looking at the ingredient list, it is not usually as easy as with this product.

The background of the page is a light, airy composition featuring several whole lemons and slices of lemons scattered across the surface. The lemons are bright yellow with some green leaves still attached. The slices are cut into wedges, showing the juicy interior and the white pith. The overall aesthetic is clean and fresh, with a focus on natural ingredients.

Some products have a long list of ingredients, which makes it hard to find what is inside. Some dietitians suggest not buying anything that has more than five items in the ingredient list. While that might be easy in some ways, I can easily find thousands of products that have less than five items in their ingredient list and will harm our body compared to ones that might have more than five items. In my journey to get in shape and be healthy, the thing that has helped me do well on reading the ingredient list is to avoid the 5 trickers as I called them and not buy anything that has an item in their ingredient list that I cannot pronounce or don't have information. The 5 trickers you should avoid when buying your groceries and reading through the ingredient list are:

- 
1. Monosodium Glutamate (MSG) - This ingredient is found in almost 80% of the processed food. It can cause headaches, flushing, sweating, numbness, chest pain, and nausea.
 2. High-Fructose Corn Syrup - This ingredient is extracted and heavily processed through a chemical, enzymatic process, which causes it to be absorbed into our bloodstream at a faster rate.
 3. Sugar Synonyms - agave nectar, barley malt syrup or dehydrated cane juice, and artificial sweeteners such as saccharin, acesulfame potassium (ACE K), neotame, and advantame.
 4. Hydrogenated Oil - This is how trans-fat, which raises your bad cholesterol (LDL) and decreases the good cholesterol (HDL) are the ingredient that poses a risk in us to develop heart disease and stroke.
 5. Sodium Synonyms - salt, sodium benzoate, disodium. Keeping an eye on these products will help us lower our sodium intake, which poses a risk to raise our blood pressure, increasing the risk of heart disease and stroke.

My suggestion now it will be to keep a notebook or journal and try to write down everything you found interesting that will benefit you when buying your groceries the next time. Try to make a list of your groceries before you get to the store so you don't spend time and money on products you might not need in the first place. If you have a question or concern about something related to grocery shopping, send me an email, and I will respond asap.

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