



LABEL READING TOOL KIT

Two Rules:

1. Ignore Marketing – Never believe the Packaging
2. Check out the Nutrition Facts Label

Three Steps:

1. 20% of calories from Fat
2. Salt: Calories to Sodium Ratio 1kcal:1mg
3. Read the Ingredients List
 - **Avoid Bad Fats:** Lard, Butter, Chicken Fat, Dairy, Cheese, Coconut Oil, Cocoa Butter, Palm Oil, Palm Kernel Oil, Hydrogenated Vegetable Oil, Margarine and Shortening
 - **Limit Sugar** (No sugar in the first 5 ingredients): Sugar, Brown Sugar, Raw Sugar, Honey, Molasses, Barley Malt, Corn Syrup, Sucrose, Fructose, Dextrose, Maltose and Multidextran
 - **Look Out for Processed Carbs:** Wheat, White, Durum, Semolina, Bleached, Unbleached and Enriched Flours
 - **Go For:** Whole, Rolled and High Fibre (at least 3g per 100g)
 - **E-numbers** \longrightarrow **Stay Away**
 - **Can't pronounce it?** Should probably not eat it!!
 - **Long Lists** \longrightarrow **Not good**



FAT CHART

Grams of Fat	Calories from Fat	Grams of Fat	Calories from Fat	Grams of Fat	Calories from Fat	Grams of Fat	Calories from Fat
1.0	9.0	16.0	144.0	31.0	279.0	46.0	414.0
1.5	13.5	16.5	148.5	31.5	283.5	46.5	418.5
2.0	18.0	17.0	153.0	32.0	288.0	47.0	423.0
2.5	22.5	17.5	157.5	32.5	292.5	47.5	427.5
3.0	27.0	18.0	162.0	33.0	297.0	48.0	432.0
3.5	31.5	18.5	166.5	33.5	301.5	48.5	436.5
4.0	36.0	19.0	171.0	34.0	306.0	49.0	441.0
4.5	40.5	19.5	175.5	34.5	310.5	49.5	445.5
5.0	45.0	20.0	180.0	35.0	315.0	50.0	450.0
5.5	49.5	20.5	184.5	35.5	319.5	50.5	454.5
6.0	54.0	21.0	189.0	36.0	324.0	51.0	459.0
6.5	58.5	21.5	193.5	36.5	328.5	51.5	463.5
7.0	63.0	22.0	198.0	37.0	333.0	52.0	468.0
7.5	67.5	22.5	202.5	37.5	337.5	52.5	472.5
8.0	72.0	23.0	207.0	38.0	342.0	53.0	477.0
8.5	76.5	23.5	211.5	38.5	346.5	53.5	481.5
9.0	81.0	24.0	216.0	39.0	351.0	54.0	486.0
9.5	85.5	24.5	220.5	39.5	355.5	54.5	490.5
10.0	90.0	25.0	225.0	40.0	360.0	55.0	495.0
10.5	94.5	25.5	229.5	40.5	364.5	55.5	499.5
11.0	99.0	26.0	234.0	41.0	369.0	56.0	504.0
11.5	103.5	26.5	238.5	41.5	373.5	56.5	508.5
12.0	108.0	27.0	243.0	42.0	378.0	57.0	513.0
12.5	112.5	27.5	247.5	42.5	382.5	57.5	517.5
13.0	117.0	28.0	252.0	43.0	387.0	58.0	522.0
13.5	121.5	28.5	256.5	43.5	391.5	58.5	526.5
14.0	126.0	29.0	261.0	44.0	396.0	59.0	531.0
14.5	130.5	29.5	265.5	44.5	400.5	59.5	535.5
15.0	135.0	30.0	270.0	45.0	405.0	60.0	540.0
15.5	139.5	30.5	274.5	45.5	409.5	60.5	544.5