



Understanding nutrition & master your metabolism

Homework



Record your foods on MyFitnessPal app.



Find a nutrition label - double digit protein, single digit sugar



Share healthy recipes with the group.



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Notes

NUTRITION LABEL

GUIDE

Start here

Note the serving size and how many are in the product

Calories Per Serving

Limit these nutrients

- Daily Recommendations:
- Saturated fat > 10% of daily calories
 - Cholesterol > 200mg
 - Sodium: 1500mg-2000mg

Get enough of

- Daily Recommendations:
- Fiber: 25g for men
35g for women

Nutrition Facts

Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories	250	Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* 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

Dr. Tran's Golden Rule:

Double digit protein, single digit sugar.

Quick Guide to % of DV

5% or under is low
20% or above is high



READING A NUTRITION FACTS LABEL

ITS ABOUT MORE THAN THE CALORIES

1). **Serving Size** - remember that a serving is different than a portion. A serving is the recommended amount one which one should eat in one sitting, and the amount in which all the nutrition facts are related to.

- **For example:** 1 oz of potato chips is the serving size that contains 152 calories, 10g of total fat, 15g of carbs, and 2 g of protein. The bag of potato chips contains 24 of these servings.
- Be sure to measure how much of the food you are eating so you can determine the nutritional info.
- Watch for calories per serving and calories per bag
- 400 or more calories per serving of a single food item is high

2). **Fat content and type of fat-** look at the amount of grams per serving of unsaturated vs. saturated fat. Less than 10% of calories should come from saturated fat per day. 0% of calories from trans fat per day. To determine if the food has trans fat look for "hydrogenated oil" in the ingredients list.

3). **Sodium-** the recommendation for salt is 1,500-2,000 mg per day, and no more than 2,300 mg. Most of the salt Americans consume comes from packaged, processed, & fast foods. 1 teaspoon of salt has 2,300 milligrams, so try to stay away from the salt shaker and aim for food that has less than 140mg of salt per serving.

4). **Carbohydrates-** determine where the carbs are coming from (fiber vs. added sugars); aim for less than 25g of added sugar per day. Choose carbohydrate foods with at least 3-5g of dietary fiber per serving. Aim for 21-25g of dietary fiber per day for women & 30-38g of dietary fiber for men.

5). **Protein-** Aim for 70-100g of protein per day. Aim for foods that have at least 10g per serving to help meet your daily protein goal.



READING A NUTRITION FACTS LABEL

ITS ABOUT MORE THAN THE CALORIES

6). **Other nutrients (vitamins and minerals)** - percent daily value (% DV), is in relation to a diet with 2,000 calories per day; 5% DV or less is low, and 20% DV or more is high. Keep saturated and trans fats, cholesterol, and sodium **low**. Look for foods **high** in fiber, vitamin A, vitamin C, vitamin D, iron, and calcium.

7). **Ingredient list**- the ingredient with the highest content or most heavily weighed will be listed first. Beware of sugar as one of the first 3 ingredients - these are all of your "-ose's" or anything that sounds sweet to you. There are over 60+ names for sugar. Avoid even "natural" sugars like honey, agave, nectar, and maple syrup in these lines. Never consume a product with more than 3 types of sugars as well.

8). **Single-Digit Sugar + Double-Digit Protein Rule**- Look for foods that have at least 10g of protein and no more than 10g of sugar per serving.

