How to Read Food Labels

Words to Look For:

• **Baked** on chips – means the food wasn’t fried in fat
• **Lean** on meats – means extra fat has been trimmed off
• **Whole Grain** on crackers, pasta and bread – means there is extra fiber and less processing, meaning you will feel full longer
• **Low Sodium** on soup and crackers – means less salt, which raises blood pressure
• **Reduced Fat** on dairy products and snacks
• **Reduced Sugar** on drinks, cereals and other snacks

Words TO AVOID

• **High fructose corn syrup** – A kind of sugar, but not the same as regular sugar. Your body turns it into fat, which causes weight gain
• **Hydrogenated oil** – increases bad cholesterol which is bad for your heart
• **High “saturated fat”** – found in animal products such as butter, cream, hot dogs, and the skin from chicken. These products increase bad cholesterol, which cause heart disease
• **Refined sugar** – raises your blood sugar quickly which causes you to “crash” soon after eating it – and get hungry again much quicker
• **Enriched flour** – even though it may sound better for you, enriched flour has actually been damaged while being made, so you don’t get the same nutrients as you should.