



Twelve things to look for on a nutritional label

1. Serving Size-The first place to look is serving size per container. All the other information on the label is based on this. This also will allow you to determine cost per serving more effectively.
2. Calories-If you are trying to lose weight, calories are key.
3. Calories from Fat-This number is the number of calories in a single serving that come from fat.
4. Total Fat-This discusses the total fat but also two of the fats that you should watch out for which is trans fats and saturated fats.
5. Cholesterol-Only animal products contain cholesterol. Most nutritionists agree a goal of 300 milligrams or less per day is good.
6. Sodium- This number tells you the amount of salt that is in a single serving. Experts say you should aim for 2300 milligrams or less per day.
7. Carbohydrates-there are two types of carbs, high quality and low quality. Shoot for eating more high quality carbs. Food labels tell you carbs in one serving look for good amounts of dietary fiber which is good carbs and lower amounts of sugar which are low quality carbs.
8. Protein-This lists the amount of protein per serving. Take your weight and divide it in half and that will tell you how many grams of protein you should eat per day.
9. Vitamins and minerals-Below the thick dividing line are where the vitamins and minerals are listed and the percentage of recommended daily value in one serving.
10. Under percentages are the goals for certain calorie diets.
11. Followed by that is the Calorie Guide. This is for informational purposes and does not describe the specific food.
12. Ingredients-look for the order of ingredients. The first food listed is the most abundant by weight in the specific food.



White Station Commons
5022 Poplar Avenue, Memphis
901-685-2293
www.wholefoodsmarket.com/poplar

