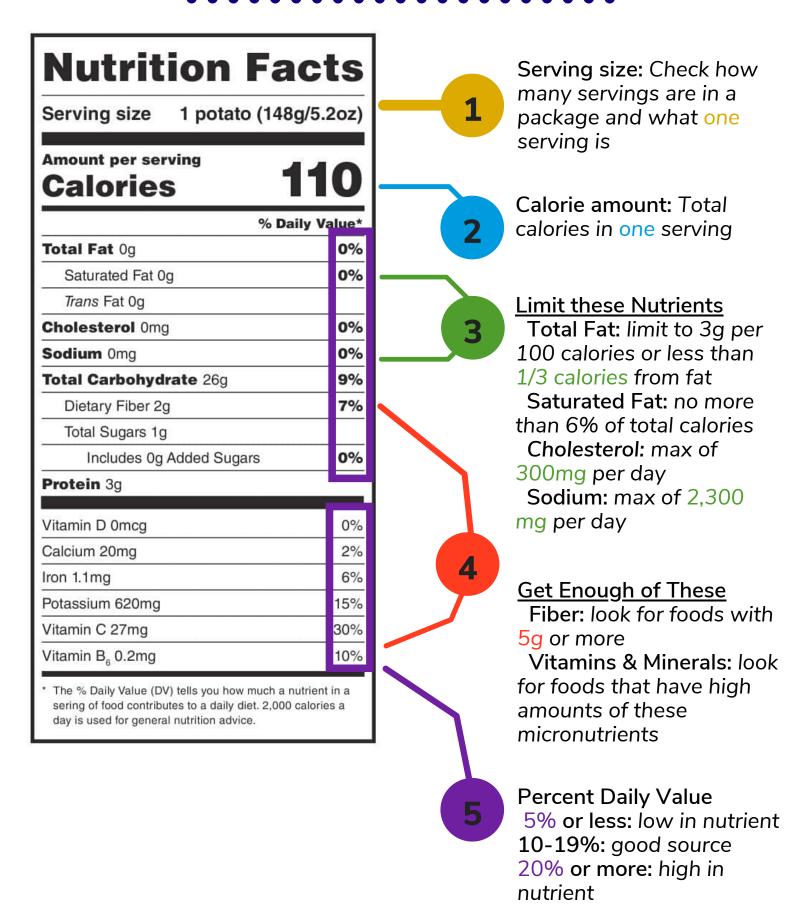


READING A NUTRITION LABEL



Other Nutrients Listed on the Label

- Carbohydrates There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta in addition to fruits and vegetables.
- Sugars Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose). Try to limit added sugars to 25g or less per day.
- Protein This macronutrient should account for 10-35% of your total caloric intake per day or about .8kg per 1kg of body weight. A person weighing 200 lbs (91kg) needs around 73g of protein per day. A 4oz. chicken breast contains about 25g. Other good sources include beans, nuts, seafood, eggs and other lean meats.

Check the Ingredients List

- Foods with more than one ingredient must have an ingredient list on the label
- Ingredients are listed in descending order by weight.
- Those in the largest amounts are listed first.
- Choose labels that have fewer ingredients.
- Choose labels with ingredients you recognize and can pronounce.

For additional food and nutrition information visit: www.eatright.org

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