

LABEL RULES & RECOMMENDATIONS

The Food Label 4 Non-negotiable ingredient guidelines
Unfamiliar- You see words you don't recognize (aka. Manmade ingredients)
Unpronounceable- polydimethylsiloxane anyone?
More than 5 ingredients- the more ingredients on a label the farther and farther away from whole foods it gets
Contains High Fructose Corn Syrup- empty calories, disease risk, blood sugar spikes (oh my!)

NEED HELP READING A FOOD LABEL?

Here's some key measures to look for.

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other things to look for on the packaging/ food label

“100% whole grain” vs. “contains whole grains”

Companies will try to make their product seem healthier than it really is. Check your cereals, granola bars, and tortillas next time you go to eat something whole grain.

Sodium % of DV- RDA is 2,300 mg, for High Blood Pressure (HBP) RDA is 1,500 mg



Supplement Labels

Ignore the trendy, overly marketed supplements that rely on words like “all-natural” or “sugar-free” to convince you to buy the product. I only take and recommend products that have one of these images on the bottle or were made in a NSF certified facility.

These organizations act as a 3rd party examiner of product cleanliness besides the maker of the product. These are the most common organizations that I trust. A supplement with one of these logos on the label gets a stamp of approval from me.

- NSF International
- USP
- Consumer Labs

THORNE[®]

is my definite recommendation for clean and beneficial products to elevate overall health. Their testing standards are unparalleled by other supplement companies in the U.S. I exclusively use their products to elevate my health, and I rest easy knowing that any product I put in my body is of the highest quality.

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