

Pay attention to serving size: Are you eating more or less?

Watch the ratio of total carbs to sugars. The closer the grams of "sugar" is to the "total carbohydrates" in each serving, the closer the food gets to the junk quality.

Look for foods with 5 grams of sugar per serving or less

Recommended DV typically ranges from 50-75g for protein

Ingredients aren't listed here.

A good rule of thumb is to only consume packaged foods with 5 or less ingredients.

Nutrition Facts	
Serving Size 1 Cup (240mL)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Potassium 350mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 5g	10%
Vitamin A 10%	• Vitamin C 0%
Calcium 45%	• Iron 15%
Vitamin D 30%	• Riboflavin 25%
Folate 8%	• Vitamin B12 50%
Phosphorus 8%	• Magnesium 10%
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

If a high % of calories come from fat, eat sparingly.

Not all fat is equal. Limit trans and polysaturated fats. Aim for foods high in monosaturated fats.

Identifies cholesterol raising fats only; look for hydrogenated oils in the ingredients

Total DV of sodium should be less than 2,400 mg. 5% DV is LOW sodium 20% of DV is HIGH sodium

Potassium DV is 3,500 mg/day

Remember our calorie counting equation from week 1 (excluding fiber correction)?
 $\text{Fat (g)} \times 9 + \text{Carb (g)} \times 4 + \text{Protein (g)} \times 4 = \text{Total Calories}$

Here:
 $9g \times 3 + 19g \times 4 + 5g \times 4 = 123$