

SMART About Label Reading

S- Start with Serving Size and Servings per container

- Ask yourself, “is the serving size listed the actual amount I will be eating?”
- If the serving size listed is 1 cup and you plan to eat 2 cups you will need to double the calories listed as well as all the other nutrients on the panel
- When comparing food products, do so with the same unit of measurement. For example, compare ½ cup of cereal A (*Kashi*) to ½ cup cereal B (*General Mills*) versus comparing ½ cup cereal A to 3 ounces of cereal B

M- Make sure it is a whole grain food

- Check the ingredient list for the word “whole” as the first ingredient listed
- Remember oatmeal, brown rice, corn and quinoa are whole grains but the word “whole” may not appear on the ingredient list.

A- Always check for saturated fat

- Look for words indicating the food contains trans fat. These words include: *partially hydrogenated* or *shortening on the ingredient list*
- Limit saturated fat to 2 grams or less per serving

R- Remember high fiber is 5 grams or more per serving

T- Take time to check for sodium and added sugar

- Low sodium is 140 mg or less per serving. Words that indicate a food is high in sodium include the following: *smoked, processed, instant or cured*. Choose low salt (sodium) or no added salt options when possible
- Low sugar is 6 grams or less per serving. Words that indicate a food has added sugar included: *corn syrup, high fructose corn syrup, maple syrup, malt syrup, caramel, sucrose, sugar, honey, molasses, and juice*. Choose **no added sugar** products when possible

SMART START:

1. Practice reading food labels of the products on display here
2. Make a “go-to” healthy snack list by using suggestions on the back

SMART SNACKS: choose foods that are both healthy and delicious

1. Laughing Cow Light Cheese (1 wedge) with whole wheat bread or crackers, such as Kashi Crackers or Triscuit Thin Crisps
2. Dannon Greek 80 yogurt, 1 cup raspberries, 1 Irene's biscotti (20 calories)
3. Fage 0% Greek yogurt mixed with 1 ¹/₂ cups strawberries
4. An apple with 2 teaspoons Teddy's peanut butter
5. Cut up veggies such as peppers, baby carrots, and broccoli with hummus (1-2 TBSP = ~27-45 calories)
6. $\frac{1}{2}$ cup of 1 % no salt added Friendship, Hood, or Stop & Shop cottage cheese or 2% Breakstone no salt added cottage cheese served with $\frac{3}{4}$ cup blueberries, pineapple or a fruit of your choice
7. Thomas 110 calorie whole wheat bagel thin with Laughing cow light cheese (1 wedge)
8. Spaghetti squash cooked mixed with caramelized onions, and tomatoes sautéed with garlic sprinkled with Laughing Cow light garlic and herb cheese and light mini Baby bel cheese
9. Popsicle brand sugar-free popsicle
10. $\frac{1}{2}$ cup Breyer's No Sugar Added Strawberries and Cream Ice cream (80 calories, 2 grams saturated fat, 4 grams sugar)
11. Trader Joe's low sodium tomato soup and a tossed salad



Circle what snack foods you currently eat from the list above? _____

What are your current snack foods if not on the list? _____