



Advanced Prevention for Cardiovascular Disease **Reading Food Labels**

FAT:

- 20-25% of diet should come from good fats & oils
- Good Fats: avocado, olives, coconut, fish
- Good Oils: Cold-Pressed Extra-Virgin olive, grape seed, avocado, ghee
- Never high heat your olive oil, for high heat use ghee or coconut oil
- Limit saturated fats (go light on fatty meats & full fat dairy)
- Avoid trans fats entirely (stick margarine, Crisco Shortening)
- Use coconut oil spray (from health food store) for eggs
And sautéing

CARBOHYDRATES & SUGAR:

- Good rule of thumb: No more than 30 carbs per meal
- The lower glycemic, the better
- Get most of your carbohydrates from whole grains, fruits and vegetables
- No more than 5 grams of sugar per snack
- acceptable sweeteners: stevia, monk fruit or luo han, coconut sugar, honey, and maple syrup

SODIUM:

- Sodium restriction goal is <2000mg
- Celtic sea salt and Kosher salt are better than table salt
- Canned, processed and frozen foods are usually high sodium
- Restaurant foods often have the highest sodium content

INGREDIENTS TO AVOID:

- Refined grains including wheat, white rice, oats, corn, potatoes
- Hydrogenated & partially hydrogenated oils
- High fructose corn syrup
- Artificial sweeteners
(Splenda – sucralose, Equal – aspartame)
- Ingredients you can't pronounce, or sound like chemicals
- Any food with long list of ingredients

SIMPLE STEPS TO EVALUATE A LABEL:

- Understand the serving size
- Calories: ~100-200 cal per snack / 350-600 cal per meal
- Fat: No transfat/Very limited saturated fat
- Sodium: < 2,000mg for the day
- The first 4 ingredients should not contain a high glycemic starch or sugar (ie, flour, rice, potato, corn, sugar, etc)
- The less ingredients, the better

Nutrition Facts	
Serving Size: 7 crackers (29g)	
Servings per Container: about 10	
<hr/>	
Amount per Serving	
Calories 120	
	% Daily Value *
Total Fat 3g	5%
Saturated Fat 1g	5%
Monounsaturated Fat 1g	
Polyunsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 160mg	7%
Potassium 130mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	6%
<hr/>	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%