

## HOW TO READ A FOOD LABEL

### Smart Shopping Starts Here

A food label can tell you more than the front of the package ever will.

Look for hidden sugars, harmful oils, and confusing additives.

**The goal:** shorter ingredient lists, fewer chemicals, and zero added sugar whenever possible.

## HOW TO READ NUTRITION FACTS

### Serving Size

Check how much one serving is — and how many servings are in the package.

**Note:** Many people eat 2–3 servings without realizing it

### Sodium (Salt)

Check how much one serving is — and how many servings are in the package.

### Total Carbohydrates

Look at this number first.

Try to keep it **under 15g** per serving when possible.

### Added Sugars

This is one of the biggest triggers for nerve pain. **Aim for 0g** added sugar.

### Protein

Helps you stay full and supports healing. Look for **5g or more per serving**.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount Per Serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g 6%

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

## WHY INGREDIENTS MATTER

### What to skip—and what to trust on the label.

Many foods look healthy on the front but hide sugars, oils, and chemicals in the ingredients list.

These can raise blood sugar, increase inflammation, and make nerve pain worse.

Learn to scan for the red flags — and feel better by eating real food.

## HOW TO READ AN INGREDIENTS LIST

INGREDIENTS: Enriched Wheat Flour [Flour, Ferrous Sulfate (Iron), B Vitamins (Niacin, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid)] Sugar Corn Syrup, Water, High Fructose Corn Syrup, Vegetable and/or Animal Shortening (Contains one or more of: Partially Hydrogenated Soybean, Cottonseed, or Canola Oil, Beef Fat), Dextrose, Whole Eggs. Contains 2% or Less of: Modified Corn Starch, Cellulose Gum, Whey, Leavenings (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Salt, Cornstarch, Corn Flour, Corn Syrup Solids, Mono- and Diglycerides, Soy Lecithin, Polysorbate 60, Dextrin, Calcium Caseinate, Sodium Stearoyl Lactylate, Wheat Gluten, Calcium Sulfate, Natural and Artificial Flavors, Caramel Color, Sorbic Acid (to Retain Freshness), Color Added (Yellow 5, Red 40).

### ✗ INGREDIENTS TO AVOID

- ✗ Sugar, Corn Syrup, Corn Syrup Solids
- ✗ Maltodextrin, Corn Starch
- ✗ Words ending in -ose: Dextrose/Fructose
- ✗ Enriched Wheat Flour/Flour
- ✗ Natural/Artificial Flavors
- ✗ Dyes (Red 40, Yellow 5)
- ✗ Long names like: Sodium Stearoyl Lactylate
- ✗ Hydrogenated Oil
- ✗ Monoglycerides / Diglycerides

### ✓ WHAT TO LOOK FOR

- ✓ Short ingredient lists (under 10)
- ✓ Ingredients you can pronounce
- ✓ Real food words (spices, eggs, salt)
- ✓ Whole food items like herbs or nuts
- ✓ No added sugar or artificial stuff
- ✓ Sea salt (instead of “flavorings” or MSG)
- ✓ Healthy Oils: Olive Oil or Avocado Oil
- ✓ Unsweetened products
- ✓ Single-ingredient foods