


How to Read a Food Label

 Nutri Ignite
Guiding You to Wellness



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A Quick Guide to Making Healthier Choices

Understanding food labels plays a crucial role in making informed decisions that support a healthy lifestyle. By knowing what to look for on food packaging, you can make smarter choices that align with your nutritional goals. This guide will take you through the essential elements of food labels, breaking down the information so that you can easily incorporate healthier options into your daily diet. Whether you're focused on balanced eating, watching specific ingredients, or simply trying to create better habits, this resource will empower you to shop with greater confidence and mindfulness.

Reinforce Nutrilgnite's commitment to promoting healthy living

HOW TO DECODE A NUTRITION LABEL

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

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg

Potassium 235mg

* 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.

SERVING SIZE:

Check to see if the serving size is realistic for the amount you are going to eat.

WHY %DV MATTERS:

%DV are based on a 2,000 calorie diet.

Aim for less than 5% of: saturated fat, cholesterol, & sodium.

FIBER IS A CARB:

Net carbs are what gets digested as sugar (lower the better)

Total Carbs — Fiber = NET CARBS

Aim for > 2.3g of fiber/serving

MORE PROTEIN LESS ADDED SUGAR:

Ideally find products with higher protein content than added sugar.

Look for snacks with less than 10g of added sugar.

INGREDIENT LIST... THE MOST IMPORTANT SECTION

Choose food products that have simple, real, and minimal ingredients.

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Serving Size and Servings Per Container

Serving Size

The serving size tells you the standard portion for the food, typically in grams or milliliters. This amount is used to calculate the nutritional values on the label.

Servings Per Container

This shows the total number of servings in the whole package. Multiply the nutrients per serving by the number of servings per container to get the total values.

Typical values	100g contains	Each slice (typically 44g) contains
Energy	985kJ	435kJ
	235kcal	105kcal
Fat	1.5g	0.7g
of which saturates	0.3g	0.1g
Carbohydrate	45.5g	20.0g
of which sugars	3.8g	1.7g
Protein	7.7g	3.4g
Salt	1.0	0.4g

Calories and Macronutrients

Calories

Calories measure the energy food provides. Your daily intake depends on age, gender, and activity level, but generally, adults need around 2,000-2,500 calories per day. Balance intake to maintain a healthy weight.

Carbohydrates

Carbs are the body's main energy source, found in fruits, grains, and vegetables. Opt for whole grains and limit added sugars.

Carbohydrates should make up about 45-65% of daily calories, equating to around 225-325g per day.

Proteins

Proteins are vital for muscle repair, immune health, and enzyme production. Sources include meat, beans, and dairy. Adults typically need 50-60g daily, though it varies by age and activity level. Aim for 10-35% of daily calories from protein.

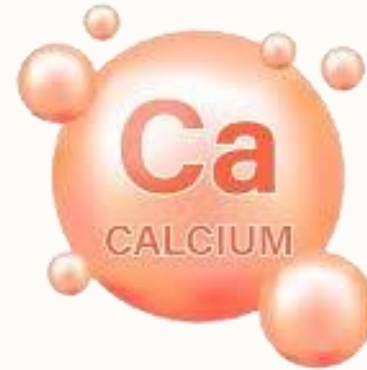
Micronutrients



Benefits: Supports vision, immune function, and skin health.

Sources: Carrots, sweet potatoes, spinach.

Daily Recommendation: 700–900 micrograms (mcg) for adults.



Benefits: Crucial for bone health, nerve transmission, and muscle function.

Sources: Dairy products, leafy greens, fortified cereals.

Daily Recommendation: 1,000–1,200 mg for adults.



Benefits: Supports immune health, helps with collagen production, and acts as an antioxidant.

Sources: Citrus fruits, strawberries, bell peppers.

Daily Recommendation: 75–90 mg for adults.

Ingredients List

Ingredients on food labels are listed in descending order by weight, with the main ingredient first. Look for additives (like preservatives and artificial colors) and common allergens (such as dairy, nuts, and wheat) highlighted for easy identification.

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
Calories	Per serving	Per container	
	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
Trans Fat	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%
* 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.			



Excessively long ingredient lists often include less recommended products. Instead, opt for items with a shorter, high-quality ingredient list.

Key facts about food labels



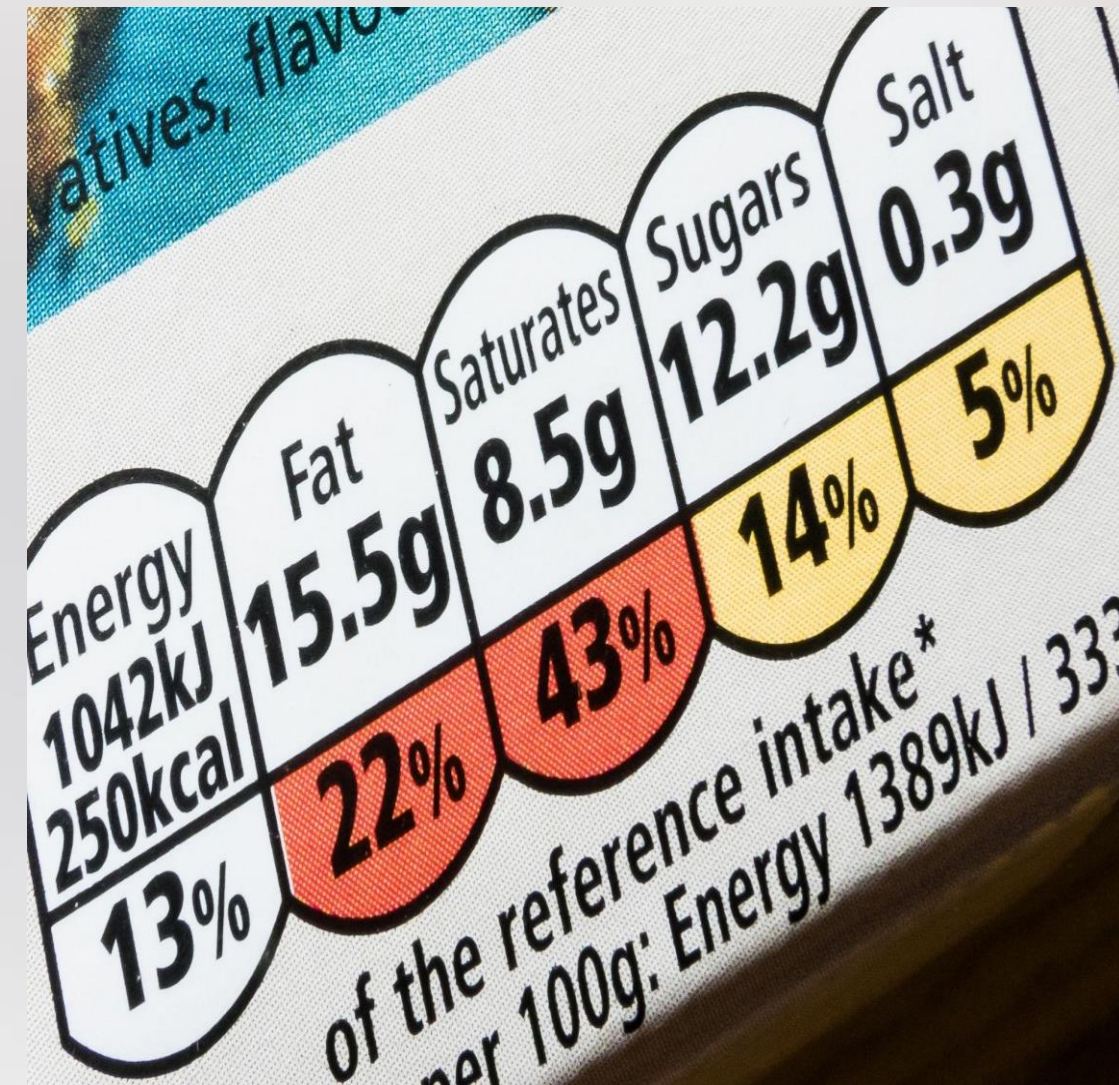
The UK laws around nutrition labelling outline what information must be provided to you when buying food and how that information must be presented on the back-of-pack.



Front-of-pack labelling in the UK is voluntary but most major supermarkets and many food manufacturers provide this and use the government's recommended format of red, amber, green colour-coding, and percentage reference intakes (RIs), or as it is also known - traffic light labelling!



Allergens will be listed and emphasised in the ingredients list



Front-of-Pack Labelling

The UK's front-of-pack labelling uses traffic light colors—red, amber, and green—to show fat, sugar, and salt levels. Green means low, healthier levels; amber is moderate, suitable in balance; red flags high levels, for occasional intake. This helps consumers make quick, healthier choices.



Putting it All Together: Tips for Making Informed Choices

1

Check the Basics

Always start by looking at the serving size, calories, and macronutrients (fat, carbs, protein) to understand the overall nutritional profile.

2

Prioritize Nutrients

Focus on getting enough fiber, vitamins, and minerals, while limiting sodium, added sugars, and unhealthy fats.

3

Scrutinize Ingredients

Carefully read the ingredients list, avoiding any unfamiliar or potentially harmful additives.

By mastering these essential food label reading skills, you'll be empowered to make healthier, more informed choices for you and your family.