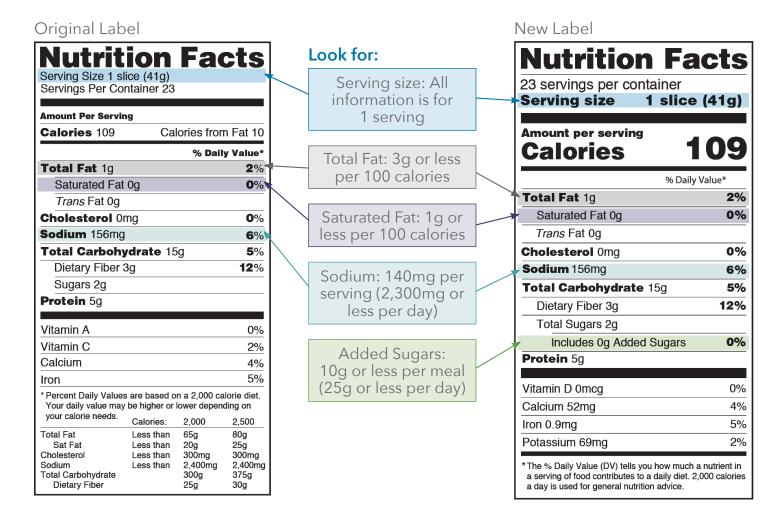


# Reading Nutrition Labels

Eating a healthy plate reduces the need for reading labels. If you fill your plate with healthy choices, you should get the right amount of carbs and fiber that your body needs. Here are things you may still want to pay attention to when you shop.



**Note:** The Food and Drug Administration (FDA) is making changes to the label. This will make it easier to identify what's in your food.

## **Ingredients List**

Use these lists to help guide you toward healthier choices.

#### Look for these words:

- Brown rice
- Malted [grain]
- Oats, oatmeal, oat bran
- Sprouted [grain]
- Stoneground whole [grain]
- Wheat germ and bran
- Wheatberries
- Whole grain [quinoa, rye, millet, barley, farro, teff]
- Whole wheat

#### Limit or avoid foods with these words:

- Added sugar:
  - Agave
  - Corn syrup
  - Dehydrated cane juice
  - Dextrose
  - Fructose
  - Fruit juice concentrate
  - High-fructose corn syrup
  - Honey
  - Lactose
  - Levulose
  - Maltose
  - Maple syrup
  - Molasses
  - Sucrose
  - Things listed as "sugars" (e.g., brown sugar, turbinado sugar)
- Degerminated
- Enriched flour
- Hydrogenated [oil]
- Partially hydrogenated [oil]
- Wheat flour
- White flour

### **Quick tips for finding healthy choices:**

- Foods without a label (fresh foods)
- Healthiest ingredients are listed first (for example, if a starch, look for a whole grain to be listed first)
- Ingredients you can read and understand
- Fewer total ingredients