

# LABEL READING CHEAT SHEET



## GRANOLA BARS & CEREAL 4 - 8 - 4 RULE

- **4 grams** of **fibre** or more
- **8 grams** of **sugar** or less
- **4 grams** of **protein** or more

### AND!

- Whole grain or other wholesome food listed as first ingredient

## FLAVOURED YOGURT

- 0 - 2% m.f.
  - < 10 grams of sugar\* per 100 gram container (~1/2 cup)  
or
  - < 16 grams of sugar\* per 175 gram serving (3/4 cup)
- \*approximately 1/2 of the sugar is naturally occurring*

**Looking for higher protein? Choose Greek yogurt or Skyr**

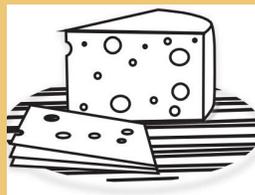


## CRACKERS OR BREADS

- 3 - 4 grams of fibre or more per serving
- < 5% DV (115 mg) for sodium
- Whole grain listed as first ingredient

## COMBO FOODS & CONVENIENCE MEALS

- **Total fat** > 15% DV? Check ingredient list for healthy types of fat
- **Saturated fat:** the lower the better
- **Trans fat:** none!
- **Sodium** < 30% DV (700 mg) for a whole combination meal is pretty good!



## CHEESE

- Choose "light" for lower saturated fat
- Hard cheeses are usually 30% m.f. or more, so keep portions small, about 50 grams or 6 stacked dice or 1/2 cup grated

**Did you know ... cream cheese is low in protein and calcium?**

## SWEET TREATS & SAVORY SNACKS

- Sweets:** cookies, chocolate, candy, fruit drinks, pop etc.
- women: limit added sugars to < 6 tsp (24 grams) per day
  - men: limit added sugars to < 9 tsp (36 grams) per day
- Savoury Snacks:** chips, pretzels, popcorn, rice crackers, veggie chips etc.
- keep portions reasonable, so that sodium and total fats are < 15% DV



