

UNDERSTANDING THE FOOD LABEL



MARCH 3, 2021

10AM ON ZOOM

Reading labels can be very confusing. Food labeling regulations are complex, making it harder for consumers to understand how to read them. Since consumers are more health conscious, it is good to understand and use the nutrition facts label to help you make healthier eating choices and identify nutrient dense foods for a healthy diet. Some confusion starts from the very beginning of the food label numbers and percentages. But what about the ingredients under the food label, what about all the other information? We will be breaking down what the terms mean and how to adapt the numbers to your personal daily diet. Here are just some of the terms that get confusing:

Serving size
Calories per serving
The percentages
Light

Lite
Low-fat
Low-calorie
Whole grain

Bring your food label questions and your food containers to the zoom class and let's discuss what you are eating. We can share different products together and how to read the nutrition labels that are applicable to our lives. Please leave your number and or your email; I will have handouts for you to look over and help guide you through the information.

Please email Mary Marshall at Headtofitness10@yahoo.com

or

leave a message at 617 625-6600 ext. 2316



Also, be sure to sign up for the next 6 week series of Nutrition Workshops starting March 8, 2021; Monday 11:am and Wednesday 10am class