

## reading a food label

### Psoriatic Disease

Nutrition Facts	
about 6 servings per container	
1 Serving size	1 cup (140g)
Amount per serving	
Calories	170
2 % Daily Value*	
3 Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
4 Dietary Fiber 2g	7%
5 Total Sugars 16g	10%
Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
6 Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Ingredients:** Whole Grain Oats (includes oat bran), Modified Corn Starch, Sugar, Salt, Wheat Starch, Tripotassium phosphate, Vitamin E, Modified Tapioca Starch, Soybean Oil, Ginger. Added to Preserve Freshness.

#### 1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflects the amount in one serving, or "Serving size".

#### 2 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5% DV = low nutrient content

At or above 20% DV = high nutrient content

#### 3 Limit Unhealthy Fats

Saturated fat and *trans* fat contribute to many negative health outcomes, like heart disease. Try to keep saturated fat to less than 5% of the %DV and look for 0g of *trans* fat on the label.

#### 4 Fiber

Look for 3 grams or more of fiber, or a high %DV. Fiber is found only in plant foods, like fruits, vegetables and whole grains. Some food manufactures add fiber to foods that don't naturally have fiber. Try to eat 25-36 grams of fiber daily.

#### 5 Limit Added Sugars

Added sugars add calories and contribute to a variety of health conditions, including heart disease, diabetes, and non-alcoholic fatty liver disease. Limit added sugars by looking for a low %DV.

#### 6 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Food manufactures call attention to them here so we can better meet our needs. Look for a high %DV.

#### 7 Ingredient List

Avoid foods containing *carrageenan* and *maltodextrin*. These are food additives that are known to be problematic, especially in people with chronic illnesses. Also avoid foods containing sorbitol, mannitol, xylitol, and malitol. These are sugar alcohols and have been known to cause stomach discomfort.