

# Healthy Living ABCs

## Nutrition Tips: Reading labels

I'm frequently asked, "What do you look for on labels?" In [Sweet Fire](#), I teach two things to zoom in on: the sugars and the ingredients list.

### 1. Calculate the sugars

Take the number of grams of sugar and divide by 4 to get the teaspoons of sugar.

Here,  $28/4 = 7$  teaspoons of sugar in 1 cup of orange juice.

### 2. Check the ingredient list

If there are partially hydrogenated oils in the ingredient list, put it back on the shelf. These oils contain trans fats which (as we learn in [Fabulous Fats](#)) are damaging to the body, particularly to the brain. There are many ingredients you can check for, but this one is an automatic NO.

In [Sweet Fire](#), we learn that the key to sustained energy and preventing damaging blood sugar spikes is a diet high in complex carbohydrates and fiber.

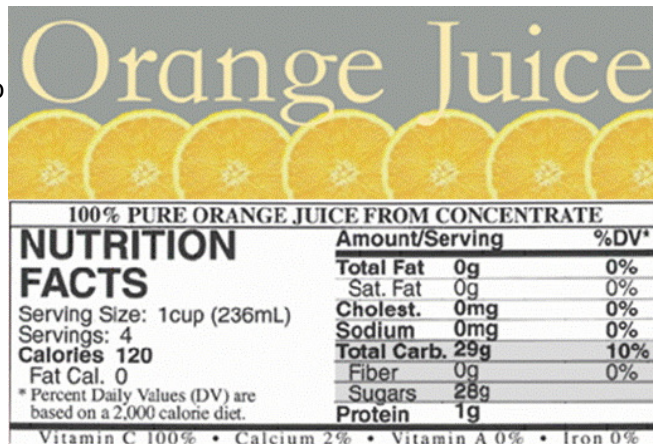
Complex carbohydrates are not listed on nutrition labels.

In most cases, the amount of complex carbohydrates is the difference between the total carbohydrates and the sum of the dietary fibers and sugars.

In this example the amount is 12 grams.  
(18g - 3g - 3g = 12g)

The best sources of complex carbohydrates are whole grains, fruits, vegetables, and legumes -- foods that typically do not have nutrition labels.

Remember that anytime you eat a whole, unprocessed food you are nourishing your body in ways that we are just beginning to understand.



100% PURE ORANGE JUICE FROM CONCENTRATE		
NUTRITION FACTS	Amount/Serving	%DV*
Serving Size: 1 cup (236mL)	Total Fat 0g	0%
Servings: 4	Sat. Fat 0g	0%
Calories 120	Cholest. 0mg	0%
Fat Cal. 0	Sodium 0mg	0%
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Total Carb. 29g	10%
	Fiber 0g	0%
	Sugars 28g	
	Protein 1g	
Vitamin C 100% • Calcium 2% • Vitamin A 0% • Iron 0%		

<b>Total Carbohydrate</b>	<b>18g</b>	<b>6%</b>
Dietary Fiber	3g	12%
Sugars	3g	