

A Simple Low Carb Life

Label Reading

Module 4-Video 1

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NUTRITIONAL LABEL READING 101:

*READ THE NUTRITIONAL LABEL ON EACH AND EVERY FOOD
THAT YOU PLAN TO EAT !!!*

There are a **few key things** that you should know about reading a nutritional label.

Looking at the label in a methodical way will help to keep you from eating foods that are unhealthy and high in carbs.

Step 1:

FIRST: Review the carbohydrate grams.

We are interested in counting **NET CARBS**

Net Carbohydrates =

Total carbs - dietary fiber - 1/2 amount of sugar alcohols (grams)

SECOND: Look at the protein grams.

Nutritional Label Example of Snack Bar:

Nutritional Facts:

Serving size: 1 bar
Total Calories: 250
Total Fat: 14 gm
Total Carbohydrates: 23 gm*
Dietary fiber: 9 gm**
Sugars: 1 gm
**Sugar alcohols
(polyols): 13 gm*****

***Total carbs - Dietary fiber - 1/2 sugar alcohols= Net carbs**

In this example:

$$23 \text{ gm}^* - 9 \text{ gm}^{**} - 6.5 \text{ gm}^{***} = 7.5 \text{ grams (Net Carbs)}$$

Now that you know
the net carbs
and protein amounts...

THEN WHAT?

Step 2:

If any food contains **MORE than 15 grams of Total Carbohydrates**, think twice before eating it to avoid a glucose spike, insulin over-production, fat storage, weight gain, and the awakening of cravings.

REMEMBER: During weight loss, you want to maintain <30 grams of carbohydrates for the entire day. (Any serving of food containing 15 grams of **Total Carbohydrates** is not worth it!)

FYI:

*Even though **net carbs** may be low, **a higher Total Carbohydrate amount will still cause a blood sugar spike** which results in hunger and stalled weight.*

*(This occurs because **some** of the carbohydrates are absorbed while the food is still in the stomach, where dietary fiber cannot prevent absorption).*

Step 3:

Note the fat grams listed on the label.

Savor, don't smother!

(as they say in the Atkins approach)

This is more for general information and not a “deal-breaker” for eating the item, but something worth noting during weight loss.

During weight loss you do not want **all** of your fat needs to come from your diet (or you won't burn any fat).

In Maintenance, you add more fat so you do not continue to lose weight.

**Eat enough dietary fat
to feel satisfied, not FULL.**

Step 4:

Next look at the calories.

This is something that is not as important in the low carb lifestyle **IF** the other parameters are within a reasonable range.

For example, there are many 100 calorie snacks that have **MANY** carbs, making them not suitable for the low carb dieter.

Calories are the least important of the numbers on the label if the other parameters are not in a good range.

Exact calorie counts ONLY matter if the carbohydrates, protein, and fat are in healthy ranges that will keep blood glucose stable AND you are losing weight.

Step 5:

Scrutinize the ingredients listed.

Avoid corn syrups, fructose, sugars, hidden sweeteners, and chemicals whose names you cannot pronounce.

The fewer ingredients the better.

You will soon become an expert on detecting HIDDEN CARBOHYDRATE SOURCES on labels.

Step 6:

Beware of the serving sizes on the label.

(Do not just assume that the nutritional label amount is for the entire container).

READ THE SERVING SIZE and calculate your serving.

This is a common way that high carbohydrate and high caloric items are marketed as “low carb” or “low in calories” based on a minuscule serving size.

Now, you have the right
tools to become an
EXPERT Label-Reader!

Congratulations!

You have just completed
MODULE 4-Video 1

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*(Let's move on to **MODULE 4-Video 2**)*