

IDENTIFYING HIDDEN CALORIES AND OVERCOMING HEALTH OBSTACLES

Use this information to make educated choices about your diet and to help you to identify and choose nutrient dense foods.

ADDED SUGARS

- Sweeteners or syrups that are added to foods during preparation or at the table before consumption.
- Beverages are a major culprit of added sugars in the American diet.
Ex: regular soda, sweetened coffee drinks, fruit cocktail juice, and sweet tea.
- Nutrition labels identify the amount of “added sugars” in a product. There is a difference between added and naturally occurring sugars.

TRANS FATS

- Trans fats are used to improve the texture and taste of many comfort foods.
Ex: Doughnuts, Baked Goods, Pizza, Pie Crust, Biscuits, Cookies, etc.
- You may find Trans Fats listed in the ingredients list as “partially hydrogenated oils”.



EXCESS SODIUM

- Packaged, processed, and restaurant prepared foods are the main source of sodium in the American diet.
- When cooking, reach for fresh herbs, spices and vegetables for flavor instead of salt!
- Drain and rinse canned items to reduce the sodium content by 40%.
- Watch out for sauces and condiments.