

THRIVING TIMES; Your Health and Wellness Dispatch

June 2024 – Labels and what they tell, or don't tell you

Do you ever find yourself standing in the grocery aisle, squinting at the tiny print on food labels, feeling like you need a decoder to understand what you're really buying? 😞 You're not alone! But fear not, because this month I'm diving deep into the world of food labels to help you make informed choices and take control of your health journey.



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

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What's in a Label?

Let's start with the basics. Food labels are like cheat sheets for your nutrition. They provide vital information about what's inside the package, calories being a key go to for many. Labels also reveal hidden ingredients, additives, and potential allergens. So, next time you pick up a product, flip it over and give that label a good read!

How to Crack the Code: Deciphering the jargon

"Low-fat," "sugar-free," "all-natural" – these terms sound promising, but do they always mean what we think? Not necessarily! Food marketers are masters at crafting catchy phrases to lure us in, but it's up to us to see beyond the hype. Look past the flashy claims and focus on the facts. Check the ingredients list and nutrition panel to get the real scoop on what you're eating.

Spot the Sneaky Suspects: Watch Out for Hidden Dangers

Sometimes, the most harmful ingredients are the ones hiding in plain sight. From sneaky sugars with mysterious names to unpronounceable additives, it's easy to overlook the villains lurking in our food. But armed with knowledge, we can spot these imposters and make an informed choice to eat them or not. Keep an eye out for high-fructose corn syrup, artificial sweeteners, and anything ending in "-ate" or "-ose" – they're often red flags for processed 'food'.

Empower Yourself: Become a Label Detective

Knowledge is power, and when it comes to your health, every bit counts. By becoming a label detective, you're taking a proactive step towards nourishing your body with the good stuff and ditching the junk. So, take the time to learn and understand what your body is really eating. Your body will thank you for it!

Keeping it simple, Less is more

If you want to focus on just one key fact - aim for products with 4 or less ingredients.

That's all for this month! Remember, when it comes to food labels, knowledge is your best friend. Stay curious, stay informed, and keep making those healthy choices, one label at a time!

Yours in good health,



P.S. Have a burning question about food labels or need some personalized advice? Don't hesitate to reach out – I'm here to help! I also have a great 1 hour session I'm happy to set up and deliver, let me know if you're interested.