

In my quest to keep my clients healthy, I often share a few tips on how to read food labels.

Here are a few tips for you when reading labels.

1. Don't just look at the label and only pay attention to the calories, sugars and servings.
2. The ingredients that are listed on the food label are listed in order of quantity. In other words, they are listed from most to least.
3. If you can't pronounce or understand the ingredient, then you probably shouldn't have it.
4. Do your best to make another choice if you see as one of the first ingredients as sugar, HFCS (high fructose corn syrup) or wheat flour.

* There are two factors often missed in this equation

- Amount of servings per package
- Amount of calories per serving.

If a large part of your diet is something out of a box, can or bag you should take the time to read the ingredient label to see what you are eating.