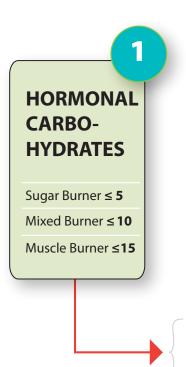
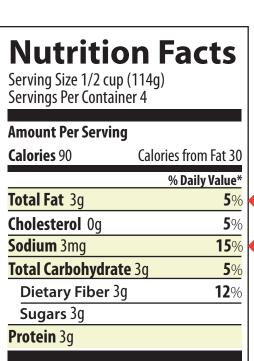
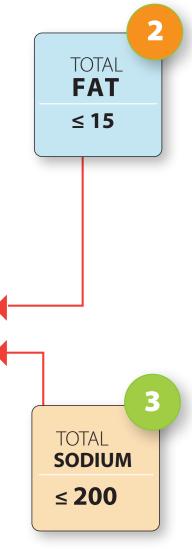
## READING FOOD LABELS











- To find hormonal carbohydrates, find the Total carbohydrate grams.
  Subtract the fiber grams (including any sugar alcohols). Finally, subtract the protein grams. You should be left with a number less than between 5 to 15 depending on your type. The lower the number the better.

  Negative numbers are best.
- Total fat content should be less than or equal to 15.
  Lower numbers are best.
  Avoid any foods with hydrogenated oils /trans-fats or mostly saturated fat. The higher the hormonal carbohydrate content of a food, the lower the fat should be and vice versa. Look for foods with higher amounts of mono-unsaturated fats and omega 3 oils.
- The amount of **sodium** in a food is an important component involved in fat loss. The sodium content of a packaged food should be less than or equal to 200mg. Look for foods with high potassium numbers and low sodium numbers. Try not to add extra salt to your foods.