

READING FOOD LABELS

THE **ME**TM WAY

1

HORMONAL CARBOHYDRATES

Sugar Burner ≤ 5

Mixed Burner ≤ 10

Muscle Burner ≤ 15

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Cholesterol 0g 5%

Sodium 3mg 15%

Total Carbohydrate 3g 5%

 Dietary Fiber 3g 12%

 Sugars 3g

Protein 3g

2

TOTAL FAT

≤ 15

3

TOTAL SODIUM

≤ 200

1

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.

2

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.

3

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.