



**HEALTHY
VENDING**

by h.u.m.a.n.

The HUMAN Healthy Vending Guide to Reading Nutrition Labels

Nutrition Facts

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

Amount Per Serving

Calories 160 **Calories from Fat** 90

	% Daily Value
Total Fat 10g	16%
Saturated Fat 2g	10%
<i>Trans</i> Fat 2.5g	0%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	0%
Protein 2g	0%

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Soybean Oil, Rye Flour, Salt, Sugar. Contains 2% or less of Monosodium Glutamate, Yeast, Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor), Maltodextrin, Caramel Color, Onion, Garlic, Caraway, Disodium Guanylate, Disodium Inosinate, Sesame Seed, Soy Flour, Nonfat Milk. Freshness Preserved By Bht.

CONTAINS WHEAT AND SOY INGREDIENTS

First things first - read the ingredients list!

Knowing what's in your food is the most important piece of ammo you have in your health arsenal. Ingredients are listed by weight in descending order, so whatever comes first makes up the majority of the food item.

Serving Size: Is this a reasonable serving size? Will you really eat only one serving of these chips or more like three? Don't fall for low calorie counts if you know you'll end up eating much more than the serving size.

Calories: The amount of calories a person should eat per day varies according to the person's size, activity level, age, gender, genes, health, etc! However, the general rule is that women should consume around 2,000 per day and men should consume around 2,500 per day. A snack should typically be around 200 calories.

Fat: Not all fats are bad; in fact, polyunsaturated are great and mono-unsaturated are okay. You will definitely want to steer clear from any trans fat, which come from partially-hydrogenated and hydrogenated oils (check the ingredients list!).

Sodium: General rule of thumb is that a snack should not have more sodium milligrams than it does calories. The USDA recommends men & women consume no more than 2,300 milligrams of sodium per day.

Carbohydrates: Complex carbs, from whole grain sources, are better than carbs from refined or enriched sources.

Fiber: Fiber that occurs naturally in a food is better than added fibers. Try to get your fiber from natural foods like produce and whole grains. Strive for 25-35g of fiber per day.

Sugars: Not all sugars are equal; the body does not metabolize man-made sugars like high fructose corn syrup the same way it does natural sugars. When picturing how much sugar is in a product, remember that 4g of sugar makes a teaspoon.

Protein: There is a lot of debate on how much protein a person needs, but 1/2 gram per pound of a person's weight is a safe rule.

Vitamins & minerals: It's not likely that we'll add up our percentages of vitamins and minerals consumed all day, so the best thing to do is eat a variety of whole foods. That way, you'll likely get all of the vitamins and minerals you need!

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HUMAN

- **Ingredients you can pronounce & find in your own kitchen**
- **Whole grains**
- **Organic ingredients**
- **Natural sweeteners or no added sweeteners**
- **Balanced carb, fat & protein ratio**
- **No chemically-altered fat (trans fat) or sugar**
- **No artificial colors**
- **Realistic serving sizes**
- **Limited salt**



ALIEN

- **Artificial flavorings (sometimes listed as: "imitation" or "vanillin," which is - fake vanilla).** They can be composed of dozens of synthetic chemicals - primarily made from petroleum.
 - **Aspartame (Equal, NutraSweet, Neotame, AminoSweet (← new name!)).** This fake sweetener has generated more reports of health problems than any other additive in history. Do credible sources agree there's too much risk involved in consuming aspartame? Yes. The Center for Science in the Public Interest recommends consumers avoid the product.
 - **BHA, BHT, TBHQ.** These are antioxidant preservatives that are designed to prolong a products shelf life. They are controversial because some reports link them to hyperactivity and cancer. Best to avoid them!
 - **Food dyes (Red 40, Yellow 5, Yellow 6, etc.).** These pretty colors are made from petroleum and the majority of them start out in petroleum refineries in China. What's more, the FDA allows these dyes to be contaminated with things like lead, mercury and arsenic.
 - **High Fructose Corn Syrup.** Although high-fructose corn syrup is chemically similar to table sugar (sucrose), concerns have been raised because of how high-fructose corn syrup is processed. Your body metabolizes high-fructose corn syrup differently than it does other types of sugar.
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- **MSG.** Monosodium glutamate (MSG) is a flavor enhancer commonly added to canned vegetables, chips, soups and processed meats. The FDA has classified MSG as a food ingredient that's "generally recognized as safe," however, there has been controversy surrounding the ingredient since the '60s. For this reason, the FDA requires that it be listed on the label. MSG has been linked to endocrine disorders & neurodegenerative disease (among other things).
 - **Trans Fat.** When it comes to fat, trans fat is considered by some doctors to be the worst type of fat. Unlike other fats, trans fat — also called trans-fatty acids — both raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol. Trans fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. If there is less than 0.5g of trans fat per serving, the FDA allows the food company to list zero per serving. Lame! So, how do you know whether a food contains trans fat? Look for the words "partially hydrogenated," "hydrogenated" or "shortening" in the ingredients list.