

# Reading Food Labels

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Look, there's no easy way to decipher food labels. Honestly, it's a complete maze!

One of the problems is that manufacturers have come up with different names to hide from you what the ingredients are. For example: Let's say you are trying to avoid corn... this is also what you would need to look out for:

**These products are potentially made from corn:**

|                        |                            |
|------------------------|----------------------------|
| Malt                   | Baking powder              |
| Malt extract and syrup | Monosodium glutamate (MSG) |
| Sorbitol               | Maltodextrin               |
| Food starch            | Starch                     |
| Dextrin                | Confectioner's sugar       |
| Fructose               | Fructose syrup             |



One of the best ways of avoiding multiple ingredients you are better off without, is to avoid buying or eating any packaged or processed foods.

Listen, you were born to eat real food... whole foods like fresh produce, organic meat and eggs and other real food as nature has provided for you.

**Some of the most nightmarish ingredients include:**

- **Monosodium glutamate (MSG)** often masked by other names:
  - autolyzed yeast
  - hydrolyzed protein
  - hydrolyzed vegetable protein
  - sodium caseinate
  - yeast nutrient or yeast extract
  - Torulo yeast
  - natural flavoring
  - glutamic acid

**Instead, eat whole foods that are preferably prepared at home.**



These products  
often  
contain MSG:

- Soy sauce
  - Seasonings
  - Powdered milk
  - Stock
  - Malt
  - Maltodextrin
  - Pectin
- ... and anything protein

Watch out for it if you  
purchase ready-made Bone  
Broth!





## More nightmarish ingredients include:

- **Trans fats** (heated to the extreme high temperature of between 500 – 1000 degrees Celsius! If you see any of these on the product label... walk on by... do not buy it!

Including:

- Hydrogenated oil
- Partially hydrogenated oil
- Fractionated oil
- **Artificial Sweeteners**
- **Butylated hydroxy anisole** (BHA) & **Butylated Hydroxytoluene** (BHT)... often found in:
  - Cereals
  - Potato chips
  - Chewing gum
  - Cereal snack mixes
  - Cosmetics
  - Personal care items

Look at all the different sugars!!!

## INGREDIENTS

WHOLE GRAIN OAT, WHOLE GRAIN WHEAT, SUGAR AND/OR GOLDEN SUGAR, OAT AND HONEY CLUSTERS (ROLLED OATS, SUGAR, BROWN SUGAR, CORN SYRUP, OAT FLOUR, RICE FLOUR, HONEY, SALT, CALCIUM CARBONATE, CINNAMON, BAKING SODA, ARTIFICIAL FLAVOUR, MONOGLYCERIDES, BHT), ROLLED OATS, CORN SYRUP, GOLDEN SYRUP, SALT, OAT STARCH, GUM ACACIA, ANNATTO, VITAMINS, MINERALS, NATURAL AND ARTIFICIAL FLAVOURS, HIGH MONOUNSATURATED CANOLA OIL, RICE BRAN OIL, BHT, NATURAL FLAVOUR, STEVIA LEAF EXTRACT, VITAMINS: NIACINAMIDE, VITAMIN B6, VITAMIN E PYRIDOXINE



Now see how well you can guess which ingredients list belongs to which food...

