

How to Read a Food Label after Bariatric Surgery

Serving Size

Listed serving size may be too large for post-bariatric surgery portions (Know what you *can* and what you *should* have)

Servings Per Container

In the example to the right, there are 21 servings of 2 crackers each in the whole box. If you eat 4 crackers, you are eating 2 servings and double the amount of calories, fat, etc. listed on the Nutrition Facts label.

Calories

See how this food item fits into your total daily calories and meal plan

Total Fat

No more than 30% of your calories should come from fat. If you are eating a 1200 calorie diet, this means no more than 40 grams of fat per day. It is especially important to limit Saturated Fat and Trans Fat. Both are harmful to your blood cholesterol levels.

Cholesterol

Limit as much as possible (cholesterol comes from animal sources)

Sodium

The daily recommendation for a 2000 calorie diet is <2,400 mg/day (strive for less than 2400 mg)

Total Carbohydrate

Dietary Fiber: goal 25-30g/day (helps you feel fuller longer)

Sugars: Avoid **Added** Sugars (remember fruit and milk have natural sugar so look to the ingredients list to determine)

Sugar Alcohols: (i.e. sorbitol, xylitol) are listed separately on a food label (not shown here). They may cause GI upset so try in limited amounts

Protein

Pay attention to your protein!

Remember the goal is 60 grams per day

Ingredients

Ingredients are listed in order by amount, so the first ingredient listed appears in the largest amount in the food

Watch for words that disguise sugar, salt and fats!

Sugar: Fructose, Glucose, Dextrose, Honey, Molasses, Brown Sugar, Invert Sugar, Turbinado, Corn Syrup, High Fructose Corn Syrup, Maple Syrup, Crystalline Fructose

Sodium: Salt, Monosodium Glutamate, Sodium, Sodium Chloride, Baking Soda, Baking Powder, Brine, Sea Salt, DiSodium

Fat: Hydrogenated, Coconut Oil, Palm Oil, Cream, Whole Milk, Milk Solids

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	
	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Translating Food Label Claims

Claim	Definition
Free	An amount so small that it probably won't have an effect on the body. Less than 0.5 grams per serving.
Low fat	3 grams of less per serving
Low saturated fat	1 gram or less per serving
Low sodium	140 milligrams or less per serving
Very low sodium	35 milligrams or less per serving
Low cholesterol	20 milligrams or less per serving and 2 grams or less of saturated fat per serving
Low calorie	40 calories or less per serving
Reduced	At least 25% less calories, fat, saturated fat, cholesterol, or sodium than comparable food.
High	20% or more of the Daily Value for a given nutrient
Light	1/3 fewer calories or 50% less fat than the traditional version of the food
Good source	10%-19% of the Daily Value of that nutrient
Healthy	Used for labels on foods that are low in saturated fat and unsaturated fats and specific levels of cholesterol, sodium and other vitamins and minerals.
Lean	Less than 10 grams of total fat, 4 grams of saturated fat and 95 milligrams cholesterol per 3 ounces serving
Extra Lean	Less than 5 grams of total fat, 2 grams of saturated fat and 95 milligrams of cholesterol per 3 ounce serving

Remember Your Weights and Measures

LIQUID (FLUID OR VOLUME) MEASUREMENTS			
Teaspoons, Tablespoons, and Cups	Fluid Ounces	Tablespoons	Milliliters (or cc's)
1 tsp		1/3 Tbsp	5 ml
1 Tbsp	1/2 fl. oz.	3 tsps	15 ml, 15 cc
2 Tbsps	1 fl. oz.	1/8 cup, 6 tsps	30 ml, 30 cc
1/4 cup	2 fl. oz.	4 Tbsps	60 ml
1/3 cup	2 2/3 fl. oz.	5 Tbsps + 1 tsp	80 ml
1/2 cup	4 fl. oz.	8 Tbsps	120 ml
1 cup	8 fl. oz.	16 Tbsps	240 ml
2 cups	16 fl. oz.	32 Tbsps	480 ml
4 cups	32 fl. oz.	1 quart	960 ml

DRY WEIGHT MEASUREMENTS		
Ounces	Pounds	Grams
1 oz.		30 gm
2 oz.		55 gm
3 oz.		85 gm
4 oz.	1/4 lb	125 gm
8 oz.	1/2 lb	240 gm
12 oz.	3/4 lb	375 gm
16 oz.	1 lb	454 gm
32 oz.	2 lbs	907 gm
1 Kg.	2.2 lbs	1000 gm

