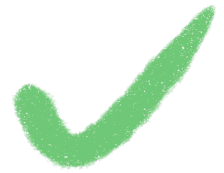


FOOD CHECK List



Printable Food Label Checklist

Your Essential Guide to Smarter Packaged Food Choices



Step 1: Review the Serving Size

- ☐ Is the serving size realistic for how much I'll actually eat?
- ☐ How many servings are in the container?
- ☐ Will I eat more than one serving?

Step 2: Check Calories per Serving

- ☐ How many total calories per serving?
- ☐ If I eat two servings, have I doubled the calories in my head?

Step 3: Examine the % Daily Value (%DV)

- ☐ Total Fat - Is it too high for a single serving?
- ☐ Saturated Fat - Does it stay within healthy %DV limits?
- ☐ Trans Fat - Does the label say '0g'? (Even small amounts count)
- ☐ Cholesterol - Is it low in %DV?
- ☐ Sodium - Is it under 20% DV per serving? (Under 10% is ideal)
- ☐ Dietary Fiber - Is it at least 3g or more?
- ☐ Added Sugars - Is it under 10% DV? (Check for hidden sugars)
- ☐ Protein - Is the amount suitable for your dietary goals?

Step 4: Read the Ingredients List Carefully

- ☐ Are the first 3 ingredients whole, recognizable foods?
- ☐ Are there any artificial sweeteners, dyes, or preservatives?
- ☐ Are there partially hydrogenated oils or hidden sugars like: high-fructose corn syrup, dextrose, maltose, or glucose?
- ☐ Does it contain whole grains instead of refined ones?

Step 5: Watch for Allergen Information

- ☐ Does it contain any allergens I need to avoid (e.g., milk, soy, nuts)?
- ☐ Are 'may contain' or 'processed in a facility with...' statements relevant to me?

Step 6: Make the Final Decision

- ☐ Is this food nutrient-dense or mostly empty calories?

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- ☐ Does it align with my fitness, weight, or health goals?
- ☐ Would a less-processed version be a better option?

Bonus Tips

- ☐ Look for fewer than 10 ingredients when possible.
- ☐ The fewer ingredients you don't recognize, the better.
- ☐ Compare similar products side by side before choosing.

Tip: Print this checklist and store it in your kitchen drawer or grocery tote. Laminate it for repeated use.