

Reading Food Labels

Nutrition Facts		
Serving Size 1/3 Cup (45g) Makes 1 Cup		
Servings Per Container About 4		
Amount Per Serving	Mix	As Prepared
Calories	140	210
Calories from Fat	10	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 850mg	35%	51%
Total Carbohydrate 22g	7%	11%
Dietary Fiber 5g	20%	40%
Sugars 5g		
Protein 12g		
Vitamin A	10%	15%
Vitamin C	25%	40%
Calcium	6%	8%
Iron	15%	20%
<small>*Amount in Mix. As Prepared contributes an additional 70 Calories (5 Calories from Fat), 380 mg Sodium, 12 g Total Carbohydrate (5 g Dietary Fiber, 2 g Sugars), 4 g Protein.</small>		
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	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	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
INGREDIENTS (VEGAN): TEXTURED SOY PROTEIN, DEHYDRATED VEGETABLES (TOMATOES, ONIONS, GARLIC, RED BELL PEPPERS, CELERY, JALAPEÑO PEPPERS), CORN MEAL, BARLEY FLAKES, SOY SAUCE POWDER (WHEAT, SOYBEANS, SALT), SPICES, BROWN RICE SYRUP SOLIDS, SEA SALT, EXPELLER PRESSED CANOLA OIL, YEAST EXTRACT, MISO POWDER (SOYBEANS, RICE, SALT), NATURAL FLAVOR, VINEGAR POWDER, CITRIC ACID.		
CONTAINS SOY AND WHEAT INGREDIENTS.		
MADE ON SHARED EQUIPMENT THAT ALSO PROCESSES MILK AND PEANUTS.		

Start by checking the Serving Size and Servings Per Container

Know labeling loopholes. If there is 0.5 g or less trans fat per serving manufacturers do not have to list it here

Know what you want to maximize (Fiber and protein)

Know what you want to minimize or avoid (sugar and sodium)

Read the ingredients list and look out for hydrogenated and partially-hydrogenated oils, interesterfied fats, high fructose corn syrup, artificial ingredients, MSG, nitrates and nitrites

INGREDIENTS: Textured soy protein, dehydrated vegetables (tomatoes, onions, garlic, red bell peppers, celery, jalapeño peppers), corn meal, barley flakes, soy sauce powder (wheat, soybeans, salt), spices, brown rice syrup solids, sea salt, expeller pressed canola oil, yeast extract, miso powder (soybeans, rice, salt), natural flavor, vinegar powder, citric acid.

Watch out for allergens!