



## JOOL'S DEEP DIVE INTO EATING - SESSION 2

### The Stuff Inside

**WATCH OUT FOR THE 3 “MASKED BANDITS” - AVOID: TRANS FAT, SALT (aka sodium), AND SUGAR.**

**Look for these on a nutrition label. They have a close relationship with chronic disease such as cardiovascular disease and diabetes.**

#### **PARTIALLY HYDROGENATED OILS AND TRANS FATS**

These fats increase LDL—the bad cholesterol that increases risk of heart disease. Bad fats (even in small amounts) include trans/hydrogenated fats like from fake butter spreads, margarine, and shortening as well as polyunsaturated fats like soy, canola, cottonseed, corn and safflower oil.

#### **SALT** *(aka Sodium)*

Too much salt opens the door to high blood pressure, and that can set you up for a stroke or heart attack. In general, we eat far more salt than is recommended for a healthy diet. Why? It's everywhere. If it has “sodium” in the name (like monosodium glutamate) avoid it, it's still a salt.

#### **SUGAR AND IT'S SIBS**

Eating lots of sugar is like stepping on the express train to rapid weight gain, obesity, diabetes, even heart disease. And the thing is, sugar's everywhere, Keep an eye out for anything ending in “ose” like fructose, it's still sugar.

## **CHALLENGE #2 - SCOPE OUT YOUR KITCHEN:**

Scope out the ingredients list on some of the packaged or canned foods in your home pantry or freezer. See any of the mentioned food additives? Chances are you'll find a number of guilty parties in the mix. Make a mental note to avoid buying them in future and do some exploring for healthy alternatives next time you're at the market. Visit this website for the inside scoop on nutrition fact labels. Below you'll even see the newest version of nutrition labels.

**DAY 1**     **DAY 2**     **DAY 3**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**LESS IS MORE WHEN IT COMES TO INGREDIENTS. IF IT'S TRICKY TO PRONOUNCE IT'S PROBABLY TRICKY FOR YOUR BODY TO DIGEST AND WON'T HELP YOU REACH YOUR EATING GOALS.**