

# HOW TO READ FOOD LABELS

## TO PROTECT KIDS' TEETH



🦷 One of the most powerful tools you can use to protect your child's smile is learning how to read a food label. Yes, really — not just brushing and flossing!

🔍 Sugar is one of the biggest causes of cavities—and it's hiding in more snacks than you think. Even “healthy” foods can feed the bacteria that cause tooth decay if you're not careful.

🌟 The good news: This quick label-reading guide helps you spot sneaky sugars and snack smart!

### 🔍 What to Look For:

- 🍬 Total sugars (and especially **added sugars!**) are the real troublemakers.
- 🧐 Watch for tricky names like **fruit juice concentrate**, **honey**, **agave**, or **syrup**.
- 🌿 **Fiber is your friend**—it helps balance sugar and keeps the mouth less acidic.
- 💪 **Protein supports tooth structure** and is essential for growing muscles, bones, and brains.
- 🌱 **Fewer ingredients = better**. Whole foods are always the safest bet.
- 🌿 “**Organic**” or “**natural**” doesn't always mean tooth-friendly or nutritious.

🐟 Choosing real, minimally processed foods with low added sugar protects your child's teeth—and supports their growth, gut health, and energy.

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Nutrition Facts	
8 servings per container	
<b>Serving size</b>	• 2/3 cup (55g)
Amount per serving	
<b>Calories</b>	• 230
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.	

**serving size** indicates *typical*—not *recommended*—consumption amount

**calories** say nothing of the overall health of the product (focus on ingredients first)

**fat content** is not about quantity, but quality (minimize trans fat & processed seed oils)

dietary **cholesterol** has little impact on cholesterol levels in your body (so do not worry too much about this measure)

**sodium** is not bad (but essential), focus on overall food quality and your kidneys should balance your sodium levels

**total carbohydrate** equals fiber + sugar

**fiber** will balance the impact of other sugars, improve gut regularity, and nourish your microbiome

**added sugar** is one of the most important things to look at (and minimize). 5gr of total sugar per 100 gr is consider a low sugar food

extra **nutrient content** is great, but most micronutrients should come from whole foods that have no label

**INGREDIENTS:** Whole Grain Oats, Corn Syrup, Rapeseed Oil, Rice Puffs (Rice Flour, Salt), Dried Cranberries, Honey, Salt, Soy Lecithin, Maltodextrin, Natural Flavors  
**CONTAINS SOY; MAY CONTAIN TRACE AMOUNTS OF PEANUTS OR WHEAT**

read the **ingredients list** first (if you do not recognize something, your body will not either)

- <6 ingredients is ideal
- listed by descending weight
- manufacturers will use 2+ forms of sugar so they appear lower on the list
- parenthesis can make certain ingredients seem to be more/less
- be cautious of vague ingredients like "natural flavors" or "spices"
- gluten is not listed as a top allergen