



melmed center

# Nutri-Tip From Jan

*Volume 10, March 2018*

## THE SCIENCE OF READING A FOOD LABEL

Many of today's processed foods are stripped of their natural fiber, vitamins and minerals, and replaced with chemical fortificants, fats, added sugars, and food dyes.



### What to look for:

#### **Sugar**

The American Heart Association recommends children under 2 years eat NO added sugar, children and women eat less than 25 grams daily (6 tsp), and men, 36 grams (9 tsp).

Added sugars increase the risk of diabetes and cardiovascular disease in children and adults. Fluctuations of sugar on brain glucose can impact mood, behavior, and cognition.

#### **Hydrogenated Oils (trans fats)**

According to the FDA, if the serving contains less than 0.5 gram of hydrogenated oils, the content, when declared, shall be expressed as zero.

Trans fats elevate the risk of coronary heart disease and have been linked to deficits in memory word recall, irritability and aggression.

#### **Artificial Food Dyes**

Caramel color, yellow 6, red 40, and blue 1 are examples of artificial food dyes. They are associated with hyperactivity, inattention, aggression, and behavioral disorders. Warning labels on packaging in European countries include "This product may have adverse effect on activity and attention in children."

### **Want to Learn More?**

**Even the smallest nutritional change can improve physical and mental well-being.**

Our metabolisms are as unique as our fingerprints. If you have concerns about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, nutritional therapist, for a nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.  
Please contact the front office for details.