

How much sugar is in your food?

Eating too much food with added sugars and having an unhealthy lifestyle can lead to weight gain. Excess weight gain can increase your risk of chronic diseases like diabetes and heart disease.


Use this simple calculation to find out how many teaspoons of sugar you are eating:

$$\frac{\text{Number of Grams (g)}}{4} = \text{Number of teaspoons (tsp) per serving}$$

Example:

Nutrition Facts	
Serving Size 1 soda can (355 mL)	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	
Total Carbohydrate 40g	8%
Dietary Fiber 0g	0%
Sugars 40g	
Protein 0g	0%

*Percent Daily Values are based on a 2,000 calorie diet.

$$\frac{40 \text{ g}}{4} = 10 \text{ teaspoons of sugar in soda can!}$$


Teaspoon sample sheet

8 g = 2 tsp	32 g = 8 tsp
12 g = 3 tsp	36 g = 9 tsp
16 g = 4 tsp	40 g = 10 tsp
20 g = 5 tsp	44 g = 11 tsp
24 g = 6 tsp	48 g = 12 tsp
28 g = 7 tsp	52 g = 13 tsp

How much fat is in your food?

Fat is important for health but remember not all fats are the same!

Use fats that are high in **unsaturated fat** to keep your heart healthy.

Avoid or limit fats that are high in **saturated fat** and **trans fats** to reduce your risk of heart disease.



Example:

Nutrition Facts	
Serving size	12 cheese crackers
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

TIP: Choose foods with less than 5% of your daily value!

How much sodium is in your food?

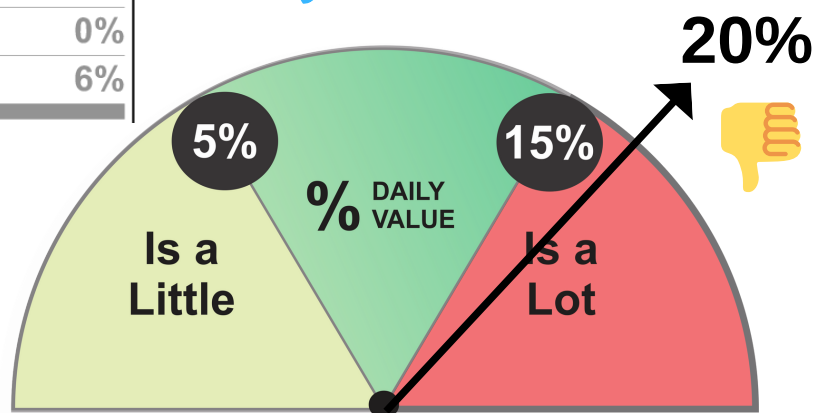
Eating a diet high in salt increases your blood pressure. Lower your sodium intake by reading labels and using less salt when cooking!



Put less Salt in Daal & Sabji

Add more spices like : red or green chilles,
black pepper, garlic & ginger

Nutrition Facts	
Serving size	27 chips (50g)
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%



TIP: Choose foods with a sodium content of less than 15%