Easy Ways to…
Read an Ingredients List

Choose items with a list that…

✓ **Is short**
As a general rule, the fewer ingredients a product has, the healthier it is.

✓ **Is easy to understand**
Choose foods with ingredients that have uncomplicated names.

✓ **Includes whole grains**
In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.

✓ **Includes no or low sugar**
Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

Avoid items with a list that…

X **Is long**
As a general rule, long ingredients lists mean more sugars and additives.

X **Is hard to understand**
Avoid ingredients you do not recognize or cannot pronounce.

X **Includes trans fat or partially hydrogenated oils**
Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).

X **Includes many sugars**
Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES,** YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

Bread #2: Less Healthy Choice

INGREDIENTS: ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR,** PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUTOSE CORN SYRUP, FRUCTOSE,** GLYCERIN, **POLYDEXTROSE**, MODFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYTALATE, PYRIDOXINE HYDROCHOLRIDE, RED #40, YELLOW #5

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For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health
Just Say Yes to Fruits and Vegetables

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