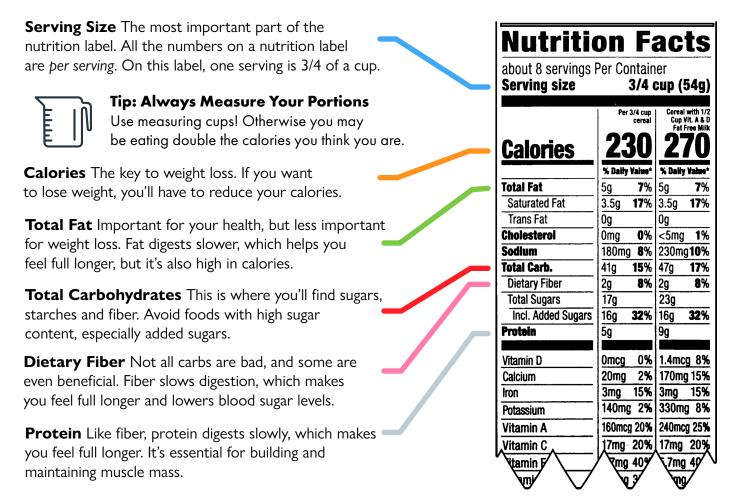
Reading Nutrition Labels

Nutrition labels are required by the FDA on all packaged foods. They are helpful when counting calories, counting carbs, or deciding whether something in the grocery store will fit your diet.



Cooking From Home

Not all foods are labeled. Fruits, vegetables, meat (and also alcohol) aren't required to list their calorie content, but you can still determine calories using a scale or measuring cups (weight tends to be more accurate).

- Some meals, like steak or baked potatoes can be measured individually. Look up the calories per ounce or per gram using your preferred app (a 2lb potato has more calories than a 6oz potato).
- For family-size items like meatloaf, add up the calories of the individual ingredients, then divide by serving size. For example, if all the ingredients in your meatloaf combined add up to 1600 calories and you cut it into 8 equal slices, each piece of meatloaf will be 200 calories.

