



BACK TO BALANCE
NATURAL HEALING CENTER

BACK TO BALANCE
NATURAL HEALING CENTER
10505 WAYZATA BLVD. SUITE 102
Minnetonka, MN 55305
952-236-7610
Melinda Morgan, D.C.

LABEL READING

Most companies don't care about your health. They want your money and they have enough money to make multiple health claims on their packaging. The FDA is years behind in approving food label claims so it's your responsibly to find out what's in the food you eat.

- Look at the nutrition label on the back of the box and ignore the marketing claims on the front of the box
- Less than 5 ingredients are considered a "healthy" food
- If you can't read it, don't eat it. You should be able to pronounce all ingredients, otherwise you're eating a science project (chemicals)
- Ingredients are listed in descending order of amount
- Foods with added sugar should be sweetened with something from nature (maple, honey, stevia, agave, brown rice syrup)
- Avoid ingredients that end in "ose"
- Avoid MSG, HFCS, food dyes and chemicals
- Avoid chemical sweeteners (aspartame/ Equal, NutraSweet, Sucralose, Splenda)
- 1500 mg of sodium or less per day is the new recommendation from the Institute of Medicine (IOM) for persons over 50 years old. Others should seek to consume less than 2300 mg per day

You can determine if produce is organic, conventional, or GMO by the digits on the stickers.



5 Digit Code
Starting With 9
means:
ORGANIC
(Grown Naturally. No chemicals.)



4 Digit Code
Starting With 4
means:
CONVENTIONAL
(Grown with chemicals and pesticides.)



5 Digit Code
Starting With 8
means:
GMO
(Grown Unnaturally. Genetically modified.)

GMO means
"Genetically Modified
Organism"