



It helps to know what to look for and also what to avoid. Here are some tips to help you use the ingredient list on packaged food.

## 1. Look for a short ingredient list

Ingredient lists with more than 5 ingredients are more likely to be ultra-processed. Try to find a similar product with about five ingredients or less. Here are some **look for ✓** and **avoid ✗** examples:

### Pasta Sauce

**✓ Ingredients:** Tomatoes, sea salt, basil, extra virgin olive oil, dehydrated garlic

### Canned Cheese Ravioli

**✗ Ingredients:** water, tomato puree, enriched wheat flour, crackermeal, high fructose corn syrup, cheddar cheese, rice, romano cheese, dehydrated onion, salt, dehydrated garlic, spices

## 2. Avoid added sugars

If sugar, honey, syrup, sucrose, dextrose or fructose is one of the first ingredients listed, it means that added sugar is a main ingredient. Try to find a similar product without any of these words on the list.

### Whole Grain Puff Cereal

**✓ Ingredients:** Hard red wheat, brown rice, oats, barley, triticale, rye, buckwheat, sesame seeds

### Organic Granola

**✗ Ingredients:** Whole grain rolled oats, **cane sugar**, soy oil, brown rice flour, pumpkin seeds, flax seeds, oat **syrup** solids (oat syrup solids, tocopherols), sea salt, molasses, cinnamon

## 3. Look for whole grains as the first ingredient

*Whole wheat* and *multi-grain* foods may not be whole grain. Whole wheat foods are not whole grain, but can still be a healthy choice as they contain fibre. When buying a grain product (bread, pasta), choose a product with *whole grain* (e.g., whole grain wheat flour, whole grain oats, etc.) as the first ingredient.

### Crackers

**✓ Ingredients:** **Whole grain** wheat, vegetable oil, sea salt

### Enriched Macaroni Pasta

**✗ Ingredients:** Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid