



## Weight & Nutrition: Food Labels & Marketing Claims

Food labels and marketing claims often mislead consumers. Words like “natural,” “low-fat,” or “healthy” do not guarantee metabolic benefit. Learning label literacy prevents hidden sugar and ultra-processed food intake. Awareness protects long-term health.

Nutrition labels reveal serving sizes, added sugars, refined carbohydrates, and artificial additives that impact insulin and lipid metabolism. Marketing claims exploit partial truths while hiding harmful ingredients.

Lab trends often show worsening triglycerides and insulin resistance in people who rely heavily on “health-branded” processed foods.

Reading labels consistently shifts food choices toward whole-food nutrition patterns.

### 01 Is This Your Story?

A patient switches to “low-fat” snacks labeled healthy. Weight loss stalls and triglycerides rise. When they learn to check added sugars and ingredient lists, they replace processed snacks with whole foods. Hunger stabilizes, weight resumes declining, and metabolic labs improve.

### 02 Try This Today

**Measure:** Read the ingredient label of one packaged food today.

**Do:** Avoid products with more than five unfamiliar ingredients..

**Reflect:** Ask whether food labels guide or mislead your choices.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

