

FREE GUIDE • DIET SWAD

Label 60 Seconds Mein Kaise Padhein

A dietitian's cheat sheet: the exact steps to decode any food label in one minute - no science degree needed

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Ancient Wisdom, Modern Life

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The one habit that changes everything

You don't need a nutrition course, an app, or willpower. You need one 60-second habit: flip the pack and read it in a fixed order. This cheat sheet gives you that order. Practise it 5 times and it becomes automatic for life - for you, and for everyone you teach it to.

Step 1 (0-15 sec): The first three ingredients

Ingredients are listed by weight, highest first. The first three ingredients ARE the product - everything else is seasoning. 'Whole wheat cookies' with maida, sugar, palm oil as the top three? You are holding a sugar-maida biscuit, whatever the front claims.

Jargon buster: Maida vs Atta

Both come from wheat. Atta (whole wheat) keeps the fibrous outer layer and the nutrient-rich germ. Maida (refined wheat flour) removes both, leaving fast-digesting white starch. Labels say 'Refined Wheat Flour' - that is maida.

Step 2 (15-30 sec): Find ALL the sugar

Companies know you look for the word 'sugar'. So sugar hides under many names - and by splitting it, no single name reaches the top of the list. Memorise this rogues' gallery:

Sugar's disguise	What it actually is
Sugar / Sucrose	Plain refined sugar
Liquid glucose / Glucose syrup	Refined starch syrup - pure fast sugar
Invert sugar / Invert syrup	Split sucrose - sweeter, cheaper
Fructose / HFCS / Corn syrup	Refined fruit-type sugar in syrup form
Maltodextrin	A starch that behaves like sugar in the body
Dextrose	Glucose by another name
Fruit juice concentrate	Fruit with its fibre removed = flavoured sugar
Malt extract	Grain-based sugar

Sugar's disguise	What it actually is
Honey/jaggery 'flavoured' syrup	Syrup with a healthy-sounding costume
Cane juice / cane crystals	Sugar with a farm-fresh accent

Count how many appear on one label. Two or more different sugars on a snack = it is a dessert.

Step 3 (30-40 sec): 'Natural flavour' decoded

'Natural flavour', 'nature-identical flavour' and 'artificial flavour' all mean the same practical thing: the taste was added in a lab or factory, not delivered by the ingredient itself. Real vanilla says 'vanilla extract'. Real chocolate says 'cocoa solids' or 'chocolate'. A flavouring is not poison - but it tells you the real ingredient was too expensive to use.

Step 4 (40-50 sec): The INS number scan

INS numbers are additive codes - preservatives, colours, emulsifiers, acidity regulators. You don't need to memorise them. Just count. A kitchen recipe needs zero. A good packaged product needs one or two. A label with six or eight INS numbers is a chemistry project with a food photo on the front.

Step 5 (50-60 sec): The nutrition table's one honest line

Skip the calorie theatre and read one line: **'of which sugars'** (per 100 g). Under 5 g = genuinely low sugar. 5-20 g = moderate, portion matters. Above 20-25 g = a sweet, enjoy it knowingly. This single number cuts through every front-of-pack claim ever printed.

Your pocket cheat sheet

Check	Green flag	Red flag
Ingredient #1	Millet, oats, whole grain, dates, nuts	Refined wheat flour (maida), sugar
Fat	Butter, ghee, cold-pressed oil	Palm oil, 'edible vegetable oil', margarine
Sweetener	Dates, jaggery, desi khand	2+ sugar names on one label
Flavour	Real extract / real ingredient	'Artificial' or 'nature-identical' flavour
Additives	0-2 INS numbers	A long INS parade
Transparency	Percentages printed	Vague terms, no percentages

Try the habit on us

Every Diet Swad label is written to survive exactly this test - real names, real percentages, no maida, no palm oil, no preservatives. Pick any product at dietswad.in (₹499, FREE shipping) and read the label first. That is how confident we are.

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This guide shares general nutrition information in simple language, prepared by the Diet Swad team. It is not medical advice. If you have a health condition, an allergy, or special dietary needs (pregnancy, diabetes, children under 2, etc.), please talk to your doctor or a qualified dietitian before making changes. All ingredient examples describe common label patterns, not any one specific brand.