

GOAL – Interpret nutrition information.

A. Do you read the nutrition labels on the food that you buy? What do you look for? Why?

B. **SCAN** Scan the nutrition label and answer the questions.



Nutrition Facts			
Serving Size 2 oz. (56gm)			
Servings Per Container 8			
Amount Per Serving		Calories from Fat 10	
Calories 200		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			
Cholesterol 0mg			
Sodium 0mg			
Total Carbohydrate 42g			14%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 7g			
Vitamin A			0%
Calcium			0%
Thiamin			35%
Niacin			15%
Vitamin C			0%
Iron			10%
Riboflavin			15%
Folate			30%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your caloric needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Semolina, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid

- How much protein is in one serving of this product? _____
- How many calories are in one serving of this product? _____ How many of those calories are from fat? _____
- What vitamins and/or minerals does this product contain per serving?

- How many carbohydrates are in one serving of this product? _____
- How much fat is in one serving of this product? _____ How much of the fat is saturated? _____
- How much of this product is in one serving? _____
- How many servings are in the box? _____

C. MATCH – These words can be found on a nutrition label. (See the highlighted words on the nutrition label on the previous page). Write the correct letter next to each definition. Use each letter only once.

- | | | |
|------------------|-----------------|-------------|
| a. Saturated fat | b. sodium | c. calories |
| d. carbohydrates | e. serving size | f. protein |
| g. ingredients | h. cholesterol | i. vitamins |
| j. fiber | | |

- ___ 1. This is the amount of food that a person actually eats at one time.
- ___ 2. This is the amount of energy supplied by a kind of food.
- ___ 3. This is a type of fat. It can contribute to heart disease.
- ___ 4. This ingredient of food is not digested, but it aids digestion.
- ___ 5. This type of nutrient indicates the salt content of food.
- ___ 6. This helps to build and repair muscles. It is found mainly in meat, fish, eggs, beans, and cheese.
- ___ 7. These and whatever is contained in a type of food. On a nutrition label, they are presented in Order of weight from most to least.
- ___ 8. These are the best source of energy and can be found in breads, grains, fruits, and vegetables.
- ___ 9. Eating too much of this can cause you to have heart disease and be overweight?

D. How much do you know about nutrient labels on food? Discuss with your group.

1. Why is it good to read nutrition labels?
2. What do complex carbohydrates do for your body?
3. What does saturated fat do to your body?
4. What type of person should watch his or her sodium intake?
5. How much protein should you eat per day?
6. Why are simple carbohydrates good?
7. Why is it good to eat fibre?

E. Read the information about food labels.

Reading Nutritional Information on Food Labels

Knowing how to read the food label on packaged foods can help you build better eating habits. Here's a rundown of the basics you'll find on a food label and how you can use the information to improve your daily diet:

- 1. Serving Size** The serving size on the label is supposed to be close to a "real-life" serving size—no more listing a teaspoon of salad dressing when most of us use a tablespoon. The information on the rest of the label is based on data for one serving. Remember, a package may contain more than one serving.
- 2. Calories** The number of calories tells you how many calories are in one serving. The number of calories from fat tells you how many of those calories come from fat. Try to find foods with low amounts of calories from fat.
- 3. Fat** This is where you look if you are trying to count fat grams. Total fat is important to watch, but saturated fat is particularly bad for you. Saturated fat raises your blood cholesterol level, which could lead to heart trouble.
- 4. Cholesterol** Along with the saturated-fat information above, cholesterol amounts are important for anyone concerned about heart disease. High levels of cholesterol can lead to serious heart problems later in life.
- 5. Sodium** Sodium (or salt) levels are important to monitor if you have high blood pressure.
- 6. Carbohydrates** These fit into two categories—complex carbohydrates (dietary fiber) and simple carbohydrates (sugars). You want to eat more complex carbohydrates and fewer simple carbohydrates. Diets high in complex carbohydrates have been shown to fight cancer and heart disease. Simple carbohydrates are good for energy, but if you eat too many of them, you can expect your waistline to grow.
- 7. Fiber** Fiber consists of complex carbohydrates that cannot be absorbed by the body. It aids digestion and can help lower blood cholesterol. High fiber foods include fruits, vegetables, brown rice, and whole-grain products.
- 8. Protein** The food label doesn't specify a daily percentage or guideline for protein consumption because so much depends on individual needs. An athlete needs more than an office worker, but in a typical 2,000-calorie diet, most people need no more than 50 grams of protein per day.
- 9. Vitamins and Minerals** The FDA requires only Vitamin A, Vitamin C, iron, and calcium amounts to be on food labels although food companies can voluntarily list others. Try to get 100% of each of these essential vitamins and minerals every day.
- 10. Ingredients** Ingredients are listed on food labels by weight from the most to the least. This section can alert you to any ingredients you may want to avoid because of food allergies.

F. DEMONSTRATE – How much do you know about nutrition now? True or False

1. Reading food labels can improve your eating habits.
2. Diets high in complex carbohydrates can help fight cancer and heart disease.
3. Saturated fat lowers your blood cholesterol level.
4. You should watch your sodium intake if you have high blood pressure.
5. Most people need at least 100 grams of protein per day.
6. Simple carbohydrates are good for energy.
7. Foods with fibre can help lower cholesterol.