Anthony Slusher

NUTRITION FACTS AND FOOD LABELS

HEALTH

nearpod

“TAKE CARE OF YOUR BODY, it’s the only place YOU HAVE TO LIVE”

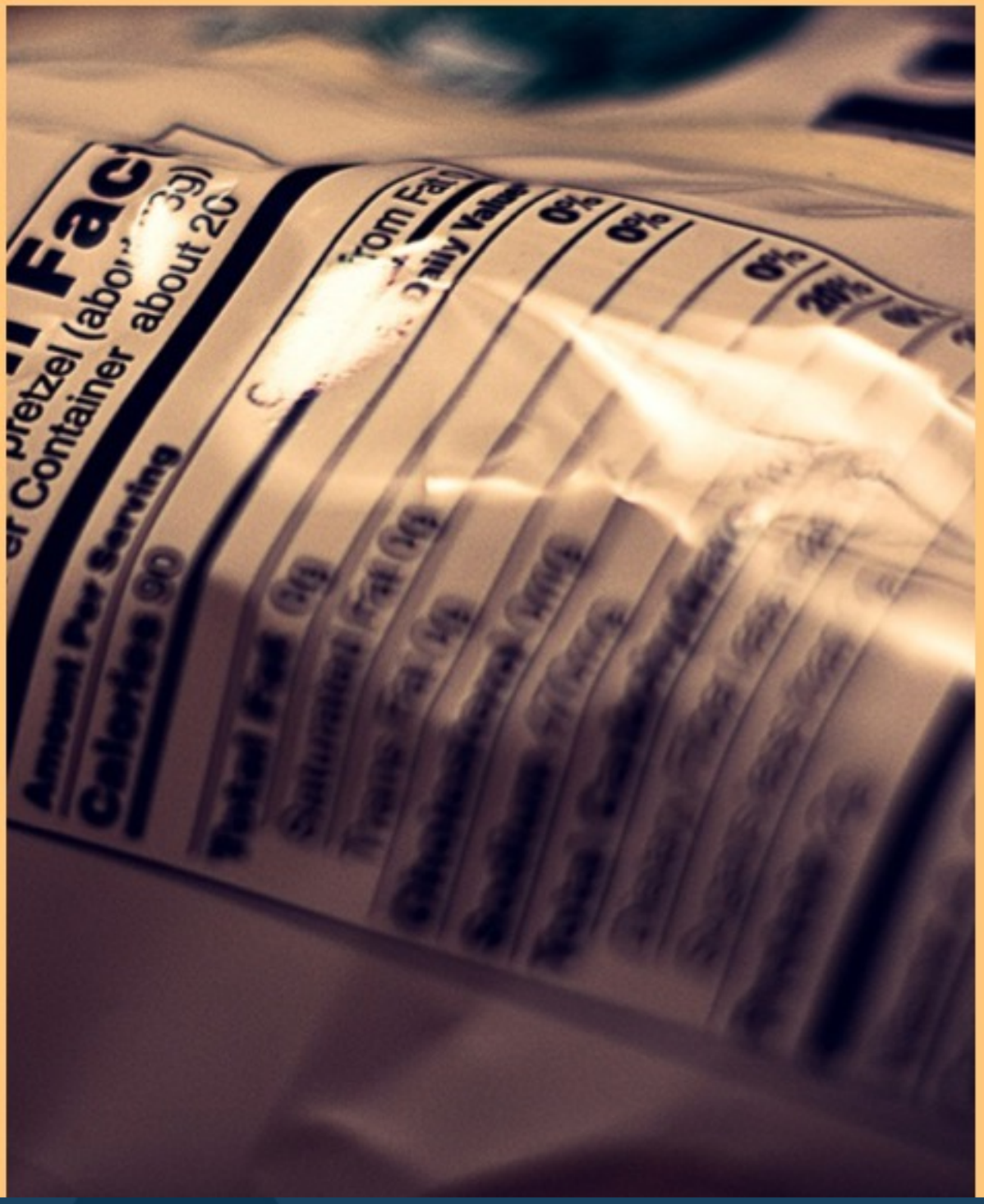
Anthony James Slusher

Elementary and Middle School Health Educator

Hi there! I’m Anthony, an Elementary and Middle School Health Educator with a craze for motivating our youth on the importance of living a healthy and active lifestyle. In my highly enthusiastic classroom, we engage in the skills, knowledge and understanding it takes to create and sustain lifelong physical, mental and emotional health. I take pride in being a Healthy Role Model for my students and hope to inspire them to do the same :)
Healthy people = Happy people. Who doesn’t want to be happy?

Hobbies: Yoga, Sports, Nature, Hiking, Camping, Biking, Reading, Being Grateful.
Qualities: Energetic, Motivated, Passionate.

Lesson Objectives



Students will:

1. Be able to read and understand all parts of the food label.

2. Understand how %DV is calculated and how it relates to them as individuals.

3. Identify food additives and learn healthy alternatives.

Classroom Time: 35 minutes

Note to teacher: Students should have already participated in the lessons “Nutrients in your food” and “Balanced Diet”

Poll

Do you read or look at the nutrition facts on your food before eating it?

- yes
- no

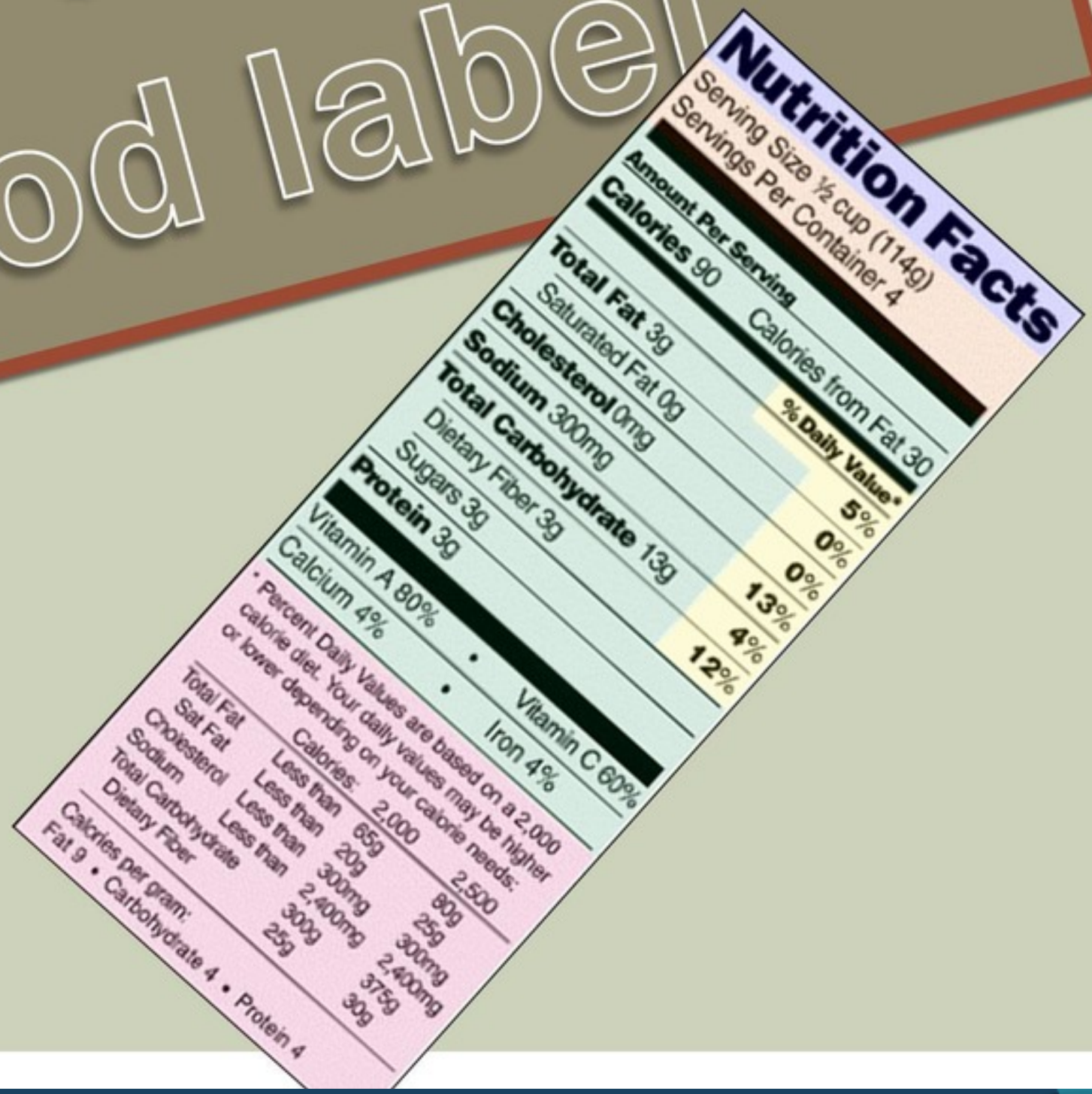
Video

NEXT

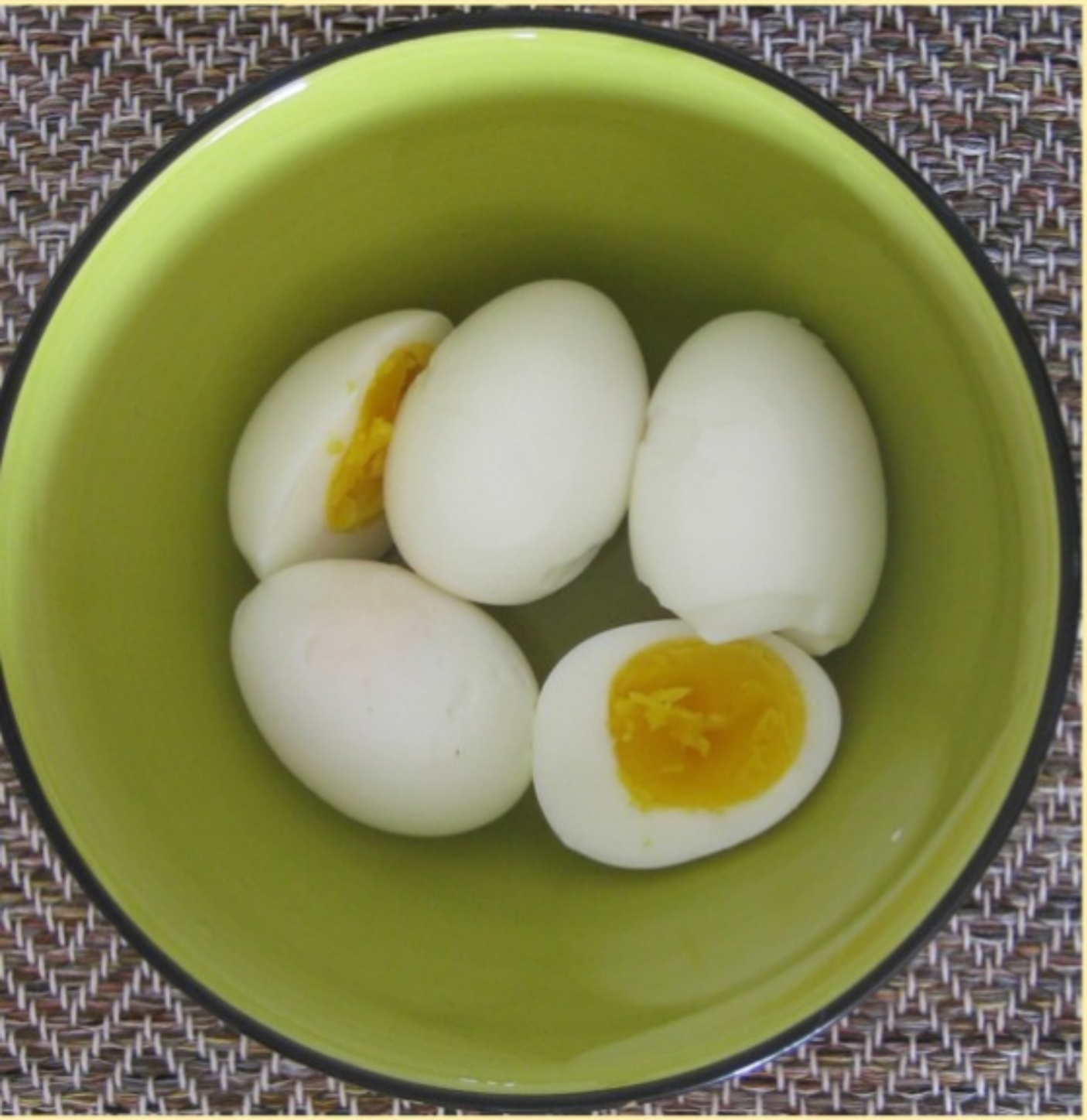
Put your headphones on!

http://www.youtube.com/embed/2wh_KWNNTrI

How to read a food label



All foods and drinks have calories, fats, carbohydrates, and protein as well other Vitamins and nutrients.



Nutrition Facts

Serving Size 1 large (92 g)

Per Serving	% Daily Value*
Calories 66	
Calories from Fat 36	
Total Fat 4g	6%
Saturated Fat 1.2g	6%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 197mg	66%
Sodium 58mg	2%
Potassium 47.61mg	1%
Carbohydrates 0.5g	0%
Dietary Fiber 0g	0%
Sugars 0.5g	
Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%

one large egg

Serving Size

Calories per serving

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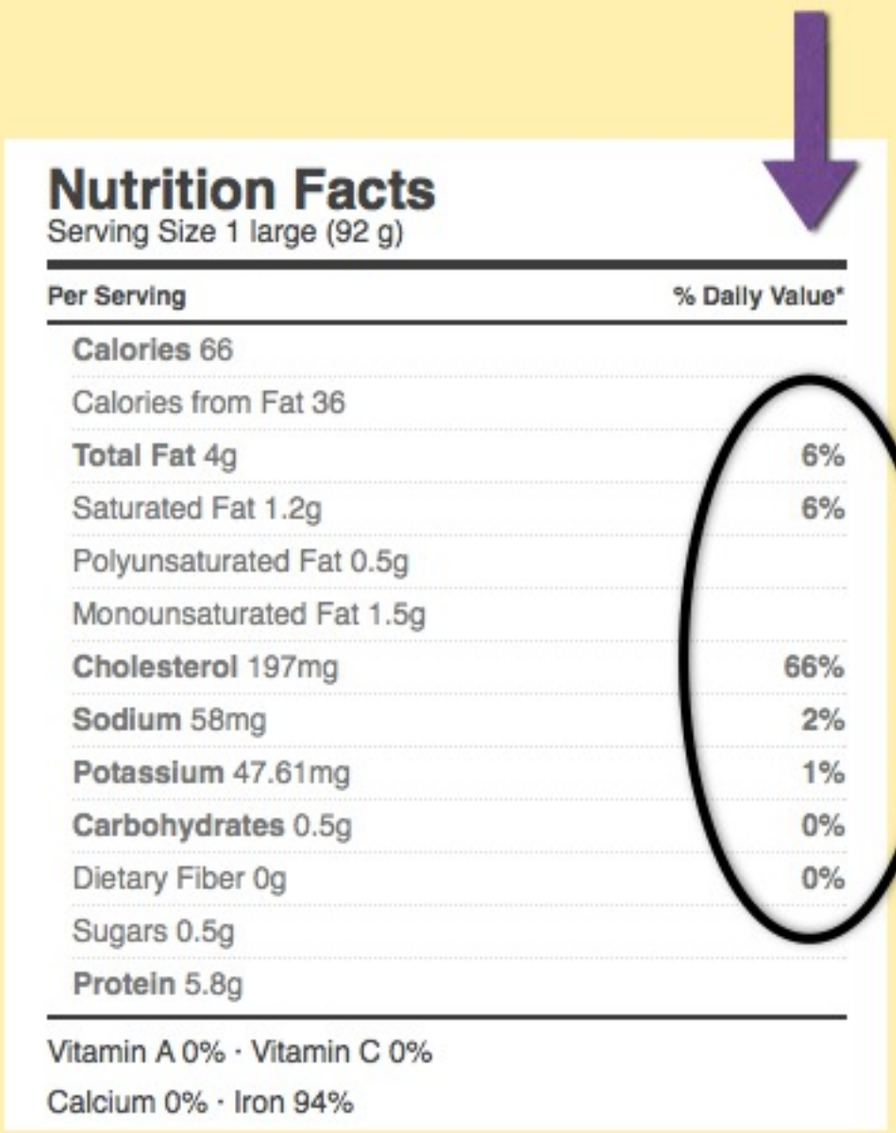
First, check the serving size. The nutritional information that follows is based on the serving size. The number of calories let's you know the amount of energy in food. If you eat more or less than the serving size, you'll need to adjust the nutrient amounts to reflect how much you actually eat.

one large egg

% Daily Value



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What this means is that after eating this egg, you have already taken in 6% of the recommended amount of fat that you should consume in one day. But remember, this is a percentage designed for a person who needs 2,000 calories each day.

For a girl that is 9-13 years old, 1,600 calories per day is the recommended amount. For a boy 9-13 years old, 1,800 per day is enough.

Open Ended Question

Let's do the math!


Nutrition Facts

For a girl that is 9-13 years old, 1,600 calories per day is the recommended amount. If she eats two large eggs for breakfast, what percentage of her daily caloric intake has she already consumed?

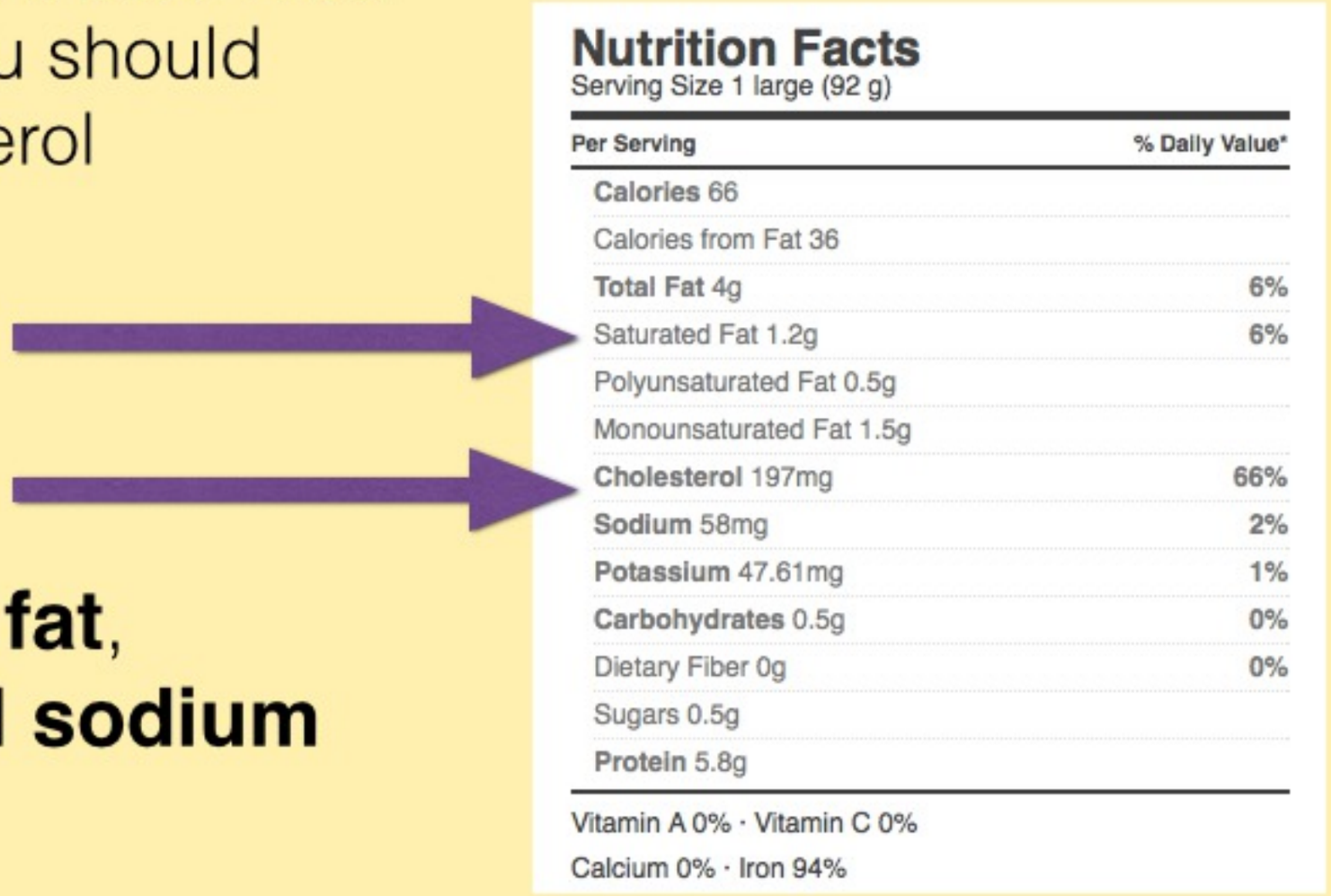
Solve the math problem in the image.

Please enter your answer here.

one large egg

Keep an eye out for saturated fat, trans fat, sodium and cholesterol. These are all linked to cardiovascular disease and should be limited in the diet. Most Americans eat too much of these. After eating two whole eggs, you should avoid eating more cholesterol throughout the day.

Saturated fat, **cholesterol** and **sodium**



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Protein 5.8g	

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one large egg

Be sure to get enough Fiber and Protein. They keep you healthy and protein helps you build muscle!

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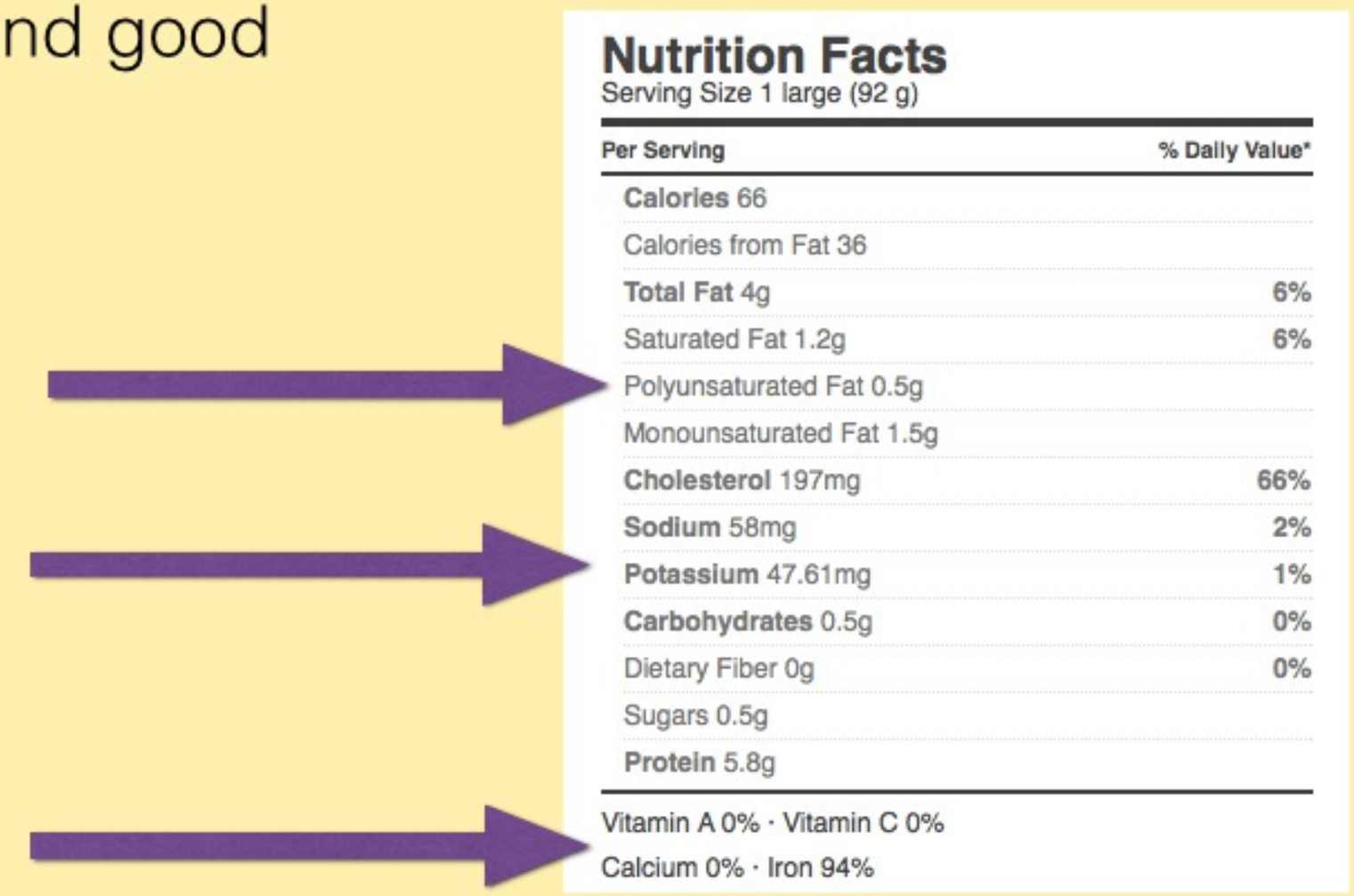
one large egg

Unsaturated Fat, Vitamin A, Vitamin C, Potassium, Calcium and Iron are also very important for all around good health!



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one large egg

Good for you!

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Need to limit intake

Open Ended Question

Why is it so important to read the nutrition facts before eating from a box of cereal?

Please enter your answer here.

Ingredients

The first 2-3 ingredients listed on the ingredients list indicates the foods MAIN ingredients

Do you recognize all the ingredients?

Nutrition Facts

Serving Size 1 cup
Calories 118
Calories from Fat 15

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.6g		**Tot. Carb.** 23.3g	**18%**
Sat. Fat 0g		Dietary Fiber 2.1g	**9%**
Trans Fat 0g		Sugars 9.7g	
Cholesterol 0mg		**Protein** 3.2g	
Sodium 170.8mg	**7%**		

A-IU 11% • Vit C 11% • Calc 11% • Iron 27%

INGREDIENTS: GENERAL MILL HONEYNUT CHEERIOS (Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Ground Almonds, Calcium Carbonate, Trisodium Phosphate, Wheat Flour, Vitamin E, Zinc, Iron, Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin B12, Vitamin D)

ALLERGENS: Tree Nuts, Wheat

Most of the names you probably didn't recognize and definitely do not want to try to pronounce are called food additives. **Food additives** are chemicals added to foods to keep them fresh or to enhance their color, flavor or texture Processed and packaged foods are a convenient choice for today's busy families, but they're often loaded with additives and preservatives.

Eating foods that contain less additives is much better for your health. Anything that does not come in a package should be your first choice, such as organic fruits, vegetables, unprocessed grains and animal meats.

Draw It

Circle the foods that do not contain any additives.

Oreo Cookies

Wild rice

PopTarts

shredded cheese in a bag

Celery

Peanut Butter

Apples

A loaf of bread in a bag

Lollipop

fresh squeezed orange juice

Eggs

Cream cheese

Almonds

ANSWERS

Oreo Cookies

Wild rice

PopTarts

shredded cheese in a bag

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Peanut Butter

Apples

A loaf of bread in a bag

Lollipop

fresh squeezed orange juice

Eggs

Cream cheese

Almonds

Quiz

Which of the following is NOT linked to cardiovascular disease?

- Saturated Fat
- Unsaturated Fat
- Cholesterol
- Sodium

Which two nutrients should you try to consume a lot of?

- Fiber & Protein
- Protein & Saturated Fat
- Iron & Sodium

If you want to eat foods that contain less additives, what could you do?

- Stay away from packaged foods.
- Stay away from fresh fruits and vegetables.

The number of calories and %Daily Value of nutrients that are listed on the food label ALWAYS reflect the amount that is in the entire package.

- True
- False

The very first thing to look at when reading a nutrition label is the

- serving size.
- total fat.
- carbohydrates.

THE NUTRITION FACTS LABEL

- Contains product specific information
- Based on a 2,000 calorie diet
- Helps you to compare one snack to the next

WHERE TO START

- First determine serving size and number of servings per package

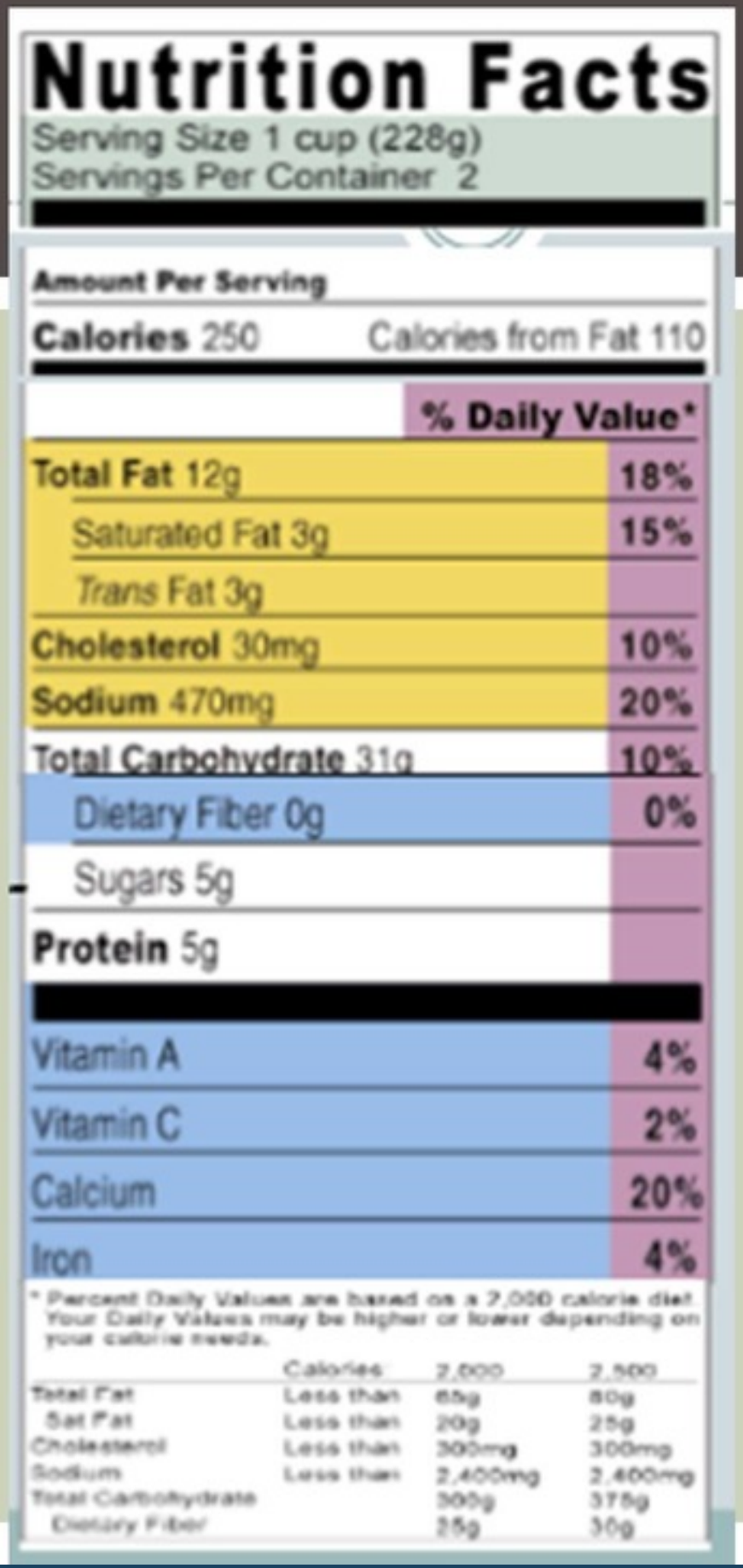
look at this-

look at this-

look at this-

look at this-

look at this-



General Guide to Calories

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

- Too many calories per day results in gaining weight

How companies might deceive you on a food label:

see examples on next slides...

1. Unrealistic serving size - chips

2. Servings per container

3. listing an amount and then having a " * "
   - Mac n' Cheese

LABEL DECEPTION-SERVING SIZE:

Servings Size: 6 chips
Servings per Container: 20
Calories: 130 (x20)
Total Fat: 6 grams (x20)

Label Deception-Servings Per Container:

Can you do the math in your head?

Servings per container: 4.5
Calories: 170 (x4.5)
Total Fat: 11 grams (x4.5)

Label Deception-watch out for " * "!!

Total Fat: 2.5***

***Amount in box.

What does this mean? It means if you ate the noodles dry out of the box. If you prepare it with cheese, milk, and butter, it's really:

Total Fat: _____

Now multiple that by 3 servings per container:

Total Fat: _____ !!!!!!

MARKETING TRICKS

- Understand what health claims like "low–fat," "reduced fat," etc. really mean

- The US Food and Drug Administration (FDA) has rules that define the terms food companies can use to describe the nutrients your body takes in from that food. Here's what the terms used on food packages are really telling you:

Less

- **How you might see it on a label:** less sodium, less fat, 25% less fat than...
- **What it means:** This term means that a food, whether altered or not, contains 25% less of a nutrient or calories than another food. It could be the "regular" version of the same food, or a different food. For example, pretzels that have 25% less fat than potato chips could carry a "less" claim on their label.

Reduced

Reduced

- **How you might see it on a label:** reduced fat, reduced calorie, reduced sodium
- **What it means:** This term is used when a food has been altered to take out at least 25% of a certain component – like fat, salt, or calories.

Low

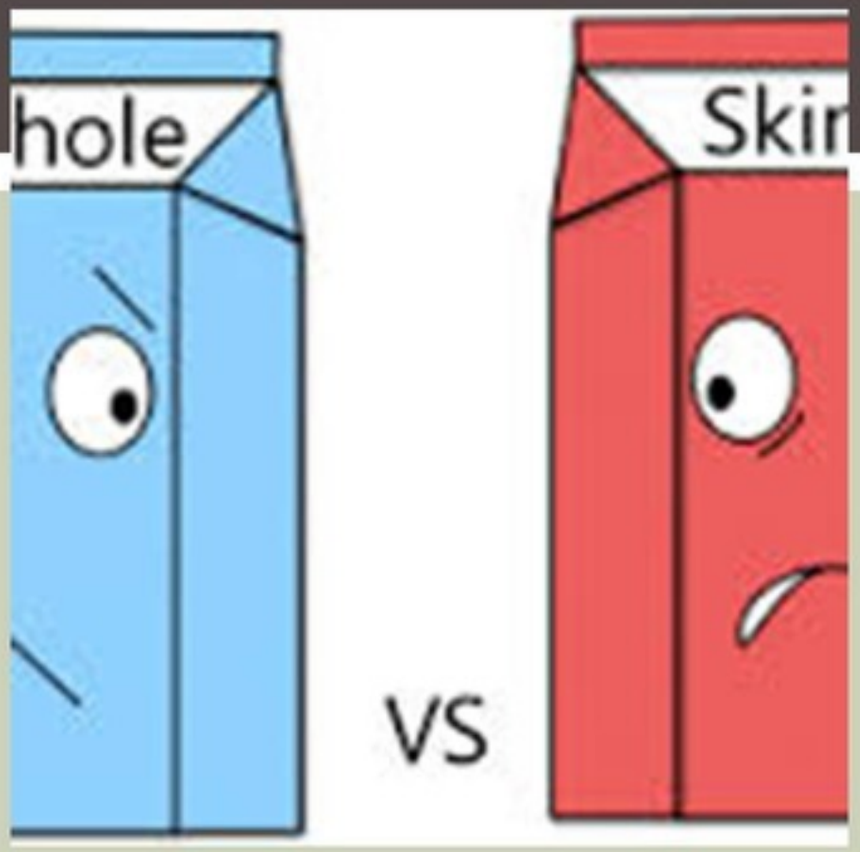
- Low
- How you might see it on a label: low-fat, low-sodium, low-cholesterol, low-calorie
- What it means: This term can be used on foods that can be eaten often and you still won't get more than the recommended amount of that nutrient.

Claims	Definition
Sugar Free, Zero Sugar, No Sugar, Without Sugar, Trivial Source of Sugar, Negligible Source of Sugar, Dietarily Insignificant Source of Sugar	Less than 0.5g of sugar per serving.
Low Sugar	Undefined.
Reduced Sugar, Less Sugar	At least 25% less sugar than the original item.
No Sugar Added, Without Added Sugar	No sugar or ingredients containing sugar were added during processing. Must state if food is not "Low Calorie" or "Reduced Calorie".

Claims	Definition
Fat Free, Zero Fat, No Fat, Without Fat, Trivial Source of Fat, Negligible Source of Fat, Dietarily Insignificant Source of Fat	Less than 0.5g fat per serving.
Low in Fat, Less Fat, Contains a Small Amount of Fat, Low Source of Fat	Less than 3g fat per serving.
Reduced Fat, Less Fat	At least 25% less fat per serving than the original food item. Original product may not be "low fat".

Claims	Definition
Calorie Free, Zero Calories, No Calories, Without Calories, Trivial Source of Calories, Negligible Source of Calories, Dietarily Insignificant Source of Calories	Fewer than 5 calories per serving.
Low in Calories, Few Calories, Contains a Small Amount of Calories, Low Source of Calories	Less than 40 calories per serving.
Reduced Calories, Fewer Calories	25% fewer calories than the original product. Original product may not be "low calorie".
Light, Lite	Meets definition for "Low Calorie" or "Low Fat".

What is the healthier option?



Whole Milk
Serving Size 8 fl oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Skim Milk
Serving Size 8 fl oz (240mL)
Servings Per Container 2

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Why?

ALTERNATIVES

- Instead of…
- French fries
- Ice cream
- Fried chicken
- Doughnuts or pastries
- Chocolate-chip cookies
- Potato chips

- Try…
- “Baked fries” grilled in the oven and salted lightly
- Low-fat frozen yogurt; sorbet; fresh fruit smoothies
- Baked or grilled chicken
- Bagels; English muffins; home baked goods with less sugar/fat
- Graham crackers, fig bars, vanilla wafers, fruit and caramel dip
- Pretzels, unbuttered popcorn, baked potato chips, soy crisps

Food For Thought

- When Cornell University Food and Brand Lab researchers went to a grocery store and looked at the fat and calorie content of popular chocolate candies, bars, cookies, milk drinks and muffins, they found that although the low-fat versions of these foods have 59% less fat than the regular versions, the drop in calorie content is only 15%, which is not large enough to justify our increased consumption

WATCH A VIDEO ON "GROCERY STORE SAVVY"[12]

http://www.youtube.com/watch?v=-R7cCIg8iDQ