

FOOD LABELS

Decoding the mystery on the side of the box

1 serving per container

Serving size

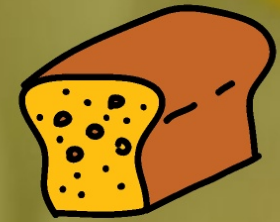
2/3 cup (55g)

All packaged food must have food labels.

Packaged food includes just about anything you would find in the grocery store except fresh fruits and vegetables, meat and fish. But don't worry, that information is available too!



**Ingredients
List**



**Nutrition
Facts**



**Nutrition
information
for fresh
foods**



What's in my food?



Items are listed in order of quantity.

The first ingredient is what makes up most of the food. The second ingredient is the second largest amount and so on.

Can you tell what food this is?

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, SOYBEAN OIL, WHEAT GLUTEN, UNSULPHURED MOLASSES, CONTAINS 2% OR LESS OF: OAT FIBER, SALT, CITRIC ACID, CALCIUM PROPIONATE AND SORBIC ACID, BUTTER (MILK), WHEY, SOY LECITHIN.



FACTS: Whole grains are packed with lots of nutrients!

White flour, wheat flour, whole grain flour... WHAT'S THE DIFFERENCE?

WHITE FLOUR is a **refined grain**, which has had many of its naturally occurring nutrients removed in processing.
Other names: *Wheat flour* or *enriched flour*.

WHOLE WHEAT FLOUR is a **natural grain**, a food that has *not* been stripped of its nutrients and will have naturally occurring vitamins, minerals and fiber.
Other names: *100% Whole wheat* or *whole grain flour*.



What do I look for in the list of ingredients?



Look for "whole wheat" or "100% whole grain", otherwise it may be a refined grain.



Sugar has many names: look for ingredients ending in "-ose" like fructose or glucose....that's sugar!



Trans-fat has other names: Partially hydrogenated oil or hydrogenated oil.

The Nutrition Facts Label

The Nutrition Facts label can help you know at a glance what nutrients are in your food.



Label
Breakdown

New label

Serving size
and
Calories

Important
Nutrients

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings per
container

% Daily Value
(%DV)

Look here first...

Calories and
serving size/
servings per
container.

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If you eat 2 servings, you are eating *twice* the Calories and Nutrients

In order to stay healthy,
we need to eat the right
amount of nutrients.



Need MORE:

- *Dietary Fiber*
- *Vitamin D*
- *Calcium*
- *Iron*
- *Potassium*



Need LESS:

- *Saturated Fat*
- *Sodium*
- *Added Sugars*
- *Trans Fat*

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FACTS:

5% DV or less per serving is *LOW*

20% DV or more per serving is *HIGH*

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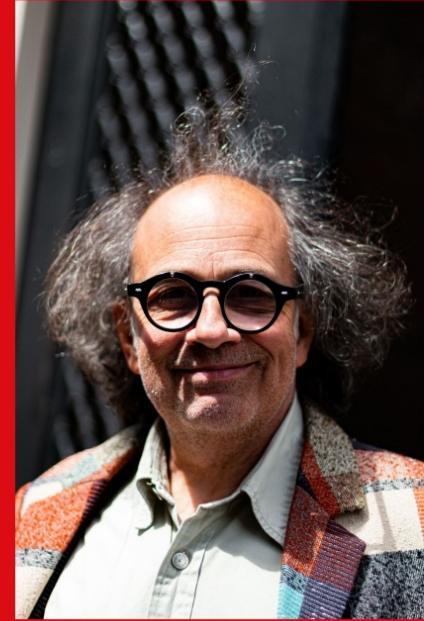
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We need a certain amount of nutrients each day. You can measure this using the % Daily Value (%DV)

This isn't your parent's nutrition label!



Due to malnutrition and rising obesity rates, the FDA created a new Nutrition Facts label in 2016. Using the most current research, the label was updated so Americans could more easily make healthy food choices.

Breaking
news:
Food label
fights
nutrient
deficiency!

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Because most Americans do not get enough Vitamin D and potassium, these nutrients are now required on the new label.

Fun Fact:



U.S. Food and Drug Administration

Here is an example of some of the first food labels from the 1930s.

Notice the amount of strawberries used in each.

When food manufacturers started adding cheaper ingredients to cut costs, the FDA began requiring food labels, so people would know what was in their food.

FACTS: Today we would call the "jam" on the left, jelly because it has less fruit and more sugar.

What are the Nutrition Facts for produce, meat and fish?

Look in the Nutrition Factory resources to download Nutrition Facts for fruits, vegetables and fish.

OR

Find the information on the FDA website.
www.FDA.gov



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