

Understanding The Nutrition Label



Ingredients

- Ingredients are always listed by weight in descending order (heaviest to lightest).

INGREDIENTS: WATER, SUGAR, CORN SYRUP, MILK PROTEIN CONCENTRATE, VEGETABLE OIL (CANOLA, HIGH OLEIC SUNFLOWER, CORN), COCOA PROCESSED WITH ALKALI, SOY PROTEIN ISOLATE, AND LESS THAN 0.5% OF POTASSIUM CITRATE, MAGNESIUM PHOSPHATE, POTASSIUM CHLORIDE, CELLULOSE GEL AND GUM, SALT, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SODIUM ASCORBATE, SOY LECITHIN, CHOLINE BITARTRATE, ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, CARRAGEENAN, FERRIC PYROPHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ZINC SULFATE, VITAMIN A PALMITATE, NIACINAMIDE, VITAMIN D₃, CALCIUM PANTOTHENATE, MANGANESE SULFATE, COPPER SULFATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE HYDROCHLORIDE, BETA CAROTENE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, VITAMIN K₁, SODIUM

The four food groups

CANADA'S FOOD GUIDE

What is One Food Guide Serving? Look at the examples below.

Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Sex			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	7	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)

What do we know?

- Strive for a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, and nuts.
- Choose foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugar.
- Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in from food with the calories you expend each day.

Why use the Label?

- Use the label when you shop, as you plan your meals, and as you cook each day. The label makes it easy to determine the amounts of nutrients you're getting and to compare one product to another

Check the serving size and number of servings

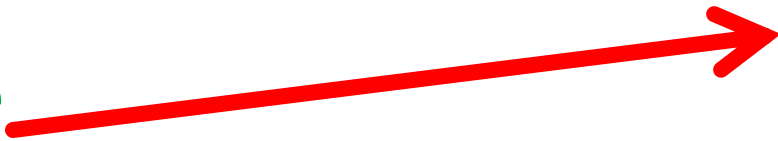
- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming.
- If you eat more than the serving size , you need to increase the values that are given.
- When you compare calories and nutrients between brands, check to see if the serving size is the same

What is a serving?

- Meat 85 g, the size of a deck of cards
- Nuts 28g, 7-12 nuts
- Cheese 28 g, the size of a domino
- Rice, cereal, pasta $\frac{1}{2}$ cup, the size of your fist
- Potatoes 1 small
- Apple, orange, peach 1 small to medium
- $\frac{1}{2}$ of a banana
- Berries $\frac{1}{2}$ cup (125 ml) except strawberries 1 cup
- Fats 1 tablespoon (15ml) the size of a pat of butter

-The serving size is located at the top of the nutrition label.

-All nutrition facts that follow are based on that amount



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18%
Saturated Fat 3g 15%
Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie 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 count, so pay attention to the amount.

- 2nd item from the top of the label is where you'll find the number of calories per serving and the calories from fat in each serving.
- 40 calories per serving is considered low;
- 100 calories per serving is considered moderate
- 400 calories or more per serving is considered high.

The % Daily Value is a key to a balanced diet.

- The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet.
- It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high, 6-14% percent is a good amount
- % DV is based on a 2000 calorie diet

Look for foods that are rich in these nutrients.

Use the label to increase nutrients that promote good health and may protect you from disease.

Choose the brand with the higher % DV of important nutrients we went over last class, such as vitamins A and C, potassium, calcium, and iron.

Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

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Know your fats and reduce sodium for your health

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease
- The % DV for total fat includes all different kinds of fats.

replace saturated and trans fats with unsaturated fats found in fish, nuts, and liquid vegetable oils.

- Limit sodium: The goal is to work towards reducing the average sodium intake of Canadians to 2300 mg per day by 2016.-Low sodium- less than 25-30 mg/serving

The nutrients listed here are the ones Americans and Canadians generally eat too much of. Limit these Nutrients.



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Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates.
Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- **Carbs from Fruits and Vegetables are better than carbs from sugar**
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.

Carbohydrates are found in the purple highlighted section of this label.

Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients.

Make sure that added sugars are not one of the first few items in the ingredients list.

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-Protein is found below the carbohydrates and right above the vitamins.

-No % daily value is given but it is good to compare protein amounts between products.

-For protein, choose foods that are lower in fat.

Most people get plenty of protein, but not always from the healthiest sources. When choosing a food for its protein content make choices that are lean, low-fat, or fat free.

Low cholesterol- less than 30mg/serving

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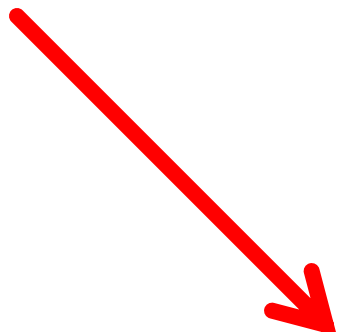
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Daily Value % are located along the right hand side of a nutrition label

All information regarding % DV is highlighted in gray on this label.

The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.



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1 **Serving Size**

2 **Amount of Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Percent (%) Daily Value**

6 **Footnote with Daily Values (DVs)**

Nutrition Label Overview

ASSIGNMENT

- 1. Download the Restaurant Nutrition App by Foundation Healthcare Network to your mobile device.
 - Available for android, iphone, ipod touch, and ipad



- 2. Use this application to search food items from your favorite restaurants.
- 3. With a partner create a custom menu including a breakfast, lunch, and dinner. Each meal should contain 3 items with AT LEAST 2 being food items. You may use 1 beverage item at each meal if you wish.

- 4. The menu must include the Serving Size (Ex. 1 hamburger, 1 6in sub, or 1 small fries) Calories, Total Fat, Saturated Fat, Sodium, and Cholesterol content. You may include other nutrients if you wish. List the combined totals for your menu.
- 5. Your GOAL is to create a menu staying within the % Daily Value needs for an individual on a 2000 calorie per day diet

- 6. Be creative with your menu creating it with a colorful, creative design using one sheet of computer paper.
- 7. You and your partner will present your menu to the class when finished.

The Numbers

- **Calories: Less than or equal to 2,000**
- **Total Fat: Less than or equal to 65g**
- **Saturated Fat: Less than or equal to 20g**
- **Cholesterol: Less than or equal to 300mg**
- **Sodium: Less than or equal to 2,400 mg**



SUNRISE BREAKFAST

Bruegger's
Whole wheat
Bagel

Bob Evans Orange Juice
7.7 oz, 85 cal. Total Fat 0g
Sat Fat 0g Cholesterol 0mg
Sodium 5.0 mg

1 bagel
310 cal., Total Fat 3.5g, Sat Fat 0g
Cholesterol 0mg, Sodium 560mg

Bruegger's light Cream Cheese
1.5 oz, 100 cal, Total Fat 6g, Sat Fat 3g
Cholesterol 25.0mg, Sodium 130mg

Chick-Fil-A
Char-grilled Chicken
Sandwich
1 Sandwich, 290 cal,
Total Fat 4g, Sat Fat 1g
Cholesterol 60mg, Sod. 780 mg

Cup of Water 8oz, 0 cal,
Total Fat 0g, Sat Fat 0g
Cholesterol 0g, Sodium 0g

Eat n Park Fruit Cup
1 eat n Park cup, 59 cal, Total Fat 0g,
Sat Fat 0g Cholesterol 0mg,
Sodium 20mg

DELIGHTFUL DINNER

Eat n Park Mixed Veggies
1 serving, 28 cal, Total Fat 0g,
Sat Fat 0g, Cholesterol 0mg,
Sodium 21mg

Sheetz
Strawberry
Banana
Smoothie
16oz, 288 cal
Total Fat 0g, Sat Fat 0g
Cholesterol 0mg
Sodium 13mg

Subway 6mch Turkey Breast
and Black Forest Ham
1 six in sub 280 cal, Total Fat 4g
Sat Fat 1g, Cholesterol 20mg,
Sodium 820mg

Totals Cal 1,440
TFAT 17.5g SAT FAT 5g
Cholesterol 105mg
Sodium 2,349mg