

TOPIC: FOOD LABELS

Food Labels

- ◆ Food Labels: regulated by the _____.
- ◆ Must include following ___ components.

1. Product _____.

2. Name & address of manufacturer.



3. Net weight.

(w/o packaging).

4. List of ingredients

in descending order
by _____.

Nutrition Facts	
Serving Size	1 bar
Calories	190
	%DV
Total Fat 6g	8%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 29g	11%
Dietary Fiber 1g	4%
Total Sugar 7g	
Added Sugars 7g	14%
Protein 5g	
Vitamin D 1 mcg	5%
Calcium 110 mg	8%
Iron 2 g	6%
Potassium 60 mg	1%

5. Nutrition Facts Panel

- ◆ Must include amount and % Daily Value (%DV) where highlighted.

Daily Values:

- ◆ Based on DRIs (or DGAs) for a _____ Calorie diet.

Not Required:

- ◆ _____ %DV.
- ◆ Other vitamins & minerals.

EXAMPLE

List the five required components on a food label. Circle the component that gives the percent daily value for specific nutrients.

1. _____

2. _____

3. _____

4. _____

5. _____

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PRACTICE

Which information is NOT required to be on food packaging?

- a) Weight of the food without packaging.
- b) Known health benefits of nutrients contained in the food.
- c) Name address of the manufacturer.
- d) Serving size.

PRACTICE

What are the daily values based on?

- a) The AI, RDA, or AMDR for a 2000 Calorie diet.
- b) The UL or EAR for a 2000 Calorie diet.
- c) The EER for an average individual.
- d) The MyPlate recommendations for an average individual.

PRACTICE

Why is % Daily Value for protein not required to be on food labels.

- a) Protein is not a required nutrient for a healthy diet.
- b) Most individuals get sufficient protein.
- c) Protein needs vary too much in the population so giving one percent wouldn't be accurate.
- d) The percent daily value is only required for essential vitamins and minerals.

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Food Label Claims

◆ ____ types of claims that can be made on labels: regulated by ____.

Nutrient Content Claims

Describes ____ of nutrient that is present.

◆ Descriptive terms have ____ regulated meanings.

“**Low** Sodium”

“Calorie **Free**”

“**High** Fiber”

“**Reduced** Fat”

Health Claims

Links **food** or **dietary compound** and a risk for a ____ or **condition**.

◆ Statements are ____-approved by FDA.

◆ Must be a “____ source” of nutrient (having between ____-19% of DV).

◆ Must not ____ 13 g of fat, 4 g saturated fat, 60 mg cholesterol, & 480 mg sodium.

◆ E.g., “Diets high in ____ may reduce the risk of osteoporosis”.

◆ Authorized: ____ scientific agreement.

◆ * Qualified: lower standard; must provide a ____.

Structure Function Claims

Links a **nutrient** or **dietary compound** to a **structure** or **function** of the body.

◆ ____ tightly regulated; do not need to be ____-approved by the FDA.

◆ E.g. “Fiber promotes regular bowel movements!” “Antioxidants support immune health”.

EXAMPLE

For the claims below, write an “N” if it is a nutrient content claim, an “H” if it is a health claim, and an “SF” if it is a structure function claim.

- Antioxidants promote immune health: _____
- Excellent source of calcium: _____
- Diets low in fat and high in fruits and vegetables may reduce the risk of some cancers: _____
- Omega-3 fatty acids may support brain health: _____
- Low sodium: _____

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PRACTICE

Which type of food claims describe the amount of a substance in the food relative to the daily values?

- | | |
|------------------------------|-------------------------------|
| a) Authorized health claims. | c) Nutrient content claims. |
| b) Qualified health claims. | d) Structure/function claims. |

PRACTICE

For a food label to supply a health claim what must be true *beyond* the established link between the nutrient and a disease or condition?

- a) It must be considered a good source of the nutrient and contain less than 13 g of total fat.
- b) It must have at least 10% more of the nutrient than comparable foods.
- c) It must have at least 20% of the daily value for a given nutrient.
- d) The claim must be agreed upon by the FDA and USDA.

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Nutrient Content Claims

Claims relating to specific amount: amount will be _____ for every nutrient.

- ▶ **None:** none or _____ amount.
- ▶ **Less:** < than a given amount.
- ▶ **Not added:** may occur naturally but not an _____ ingredient.



Claims relating to relative amount

- ▶ **Reduced/less:** _____ < than the reference food.
- ▶ **Light (lite):** _____ fewer Calories or _____ fat than reference food.
- ▶ **Half (½):** ½ normal amount of _____ (also _____ fat & _____ Calorie food).



Claims relative to the _____

- ▶ **More/ added/ extra/ plus:** _____ > than reference food.
- ▶ **Good source/ contains/ provides:** _____ - _____ % of DV.
- ▶ **High in/ rich in/ excellent source of:** > _____ % of DV.



PRACTICE

Which nutrient content claim means that the food has 25% contains less than a specific reference food?

- a) Light b) Less c) Low d) Free

PRACTICE

How much of a particular nutrient must a food contain to say on the label that it "contains" that nutrient?

- a) Greater than a trivial amount, though the value will change for every nutrient depending on the DRIs.
b) 10% more than the comparison reference food.
c) At least 20% of the Daily Value.
d) Between 10% and 19% of the Daily Value.