

CONCEPT: PLANNING A HEALTHY DIET

Reading Food Labels

- ◆ **Food Labels:** information provided on food package to _____ consumers of its contents to make healthy decisions.
 - Regulated by the _____ & _____ Administration (FDA).

Food Labels

Original Format
(Pre-2016)

New Format
(2016 and on)

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300g
Dietary Fiber	Less than 25g

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8 servings per container	
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% Daily Value*	
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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 240mg	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.	

1 Serving Size: _____ & larger.

2 Calories: Bold & larger.

3 Daily Values: Percentages updated by the _____ and Nutrition Board.

4 Carbohydrates: Includes _____ sugars.

5 Vitamins & Minerals: Includes weight.

6 Daily Value + Diet: _____ text on metrics for a 2,000 calorie diet.

EXAMPLE

A major difference between the original and new Nutrition Facts label is:

- Smaller appearance of calories.
- Additional breakdown of nutritional data regarding a 2,000-calorie diet.
- Further breakdown of carbohydrates with a line for added sugars.
- The differences were mainly cosmetic with no changes in numerical data.

PRACTICE

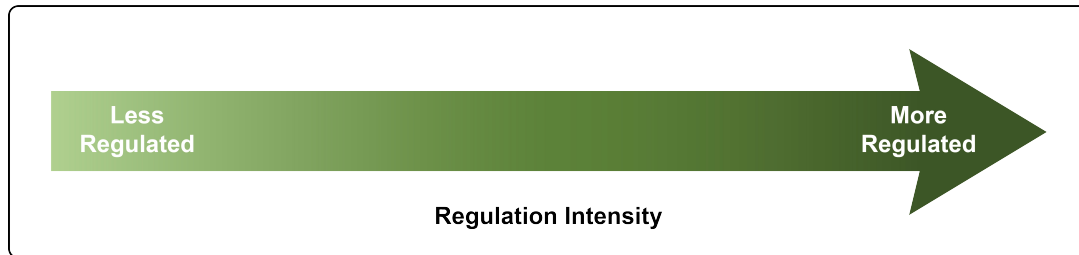
William's favorite treats are caramel toffee chocolate chip cookies. A typical box contains 20 cookies, and 1 cookie contains 180 mg of sodium (8% DV). If William eats a dozen cookies in one sitting, how many milligrams of sodium did he ingest?

- 1530 mg
- 1800 mg
- 8400 mg
- 2160 mg

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Food Label Claims

- ◆ Statements made on food packages that describe their content, health benefits, and nutritional value.
 - Provided voluntarily or required by law.
 - All regulated by both FDA and US Department of _____ (USDA).



Structure/Function Claims

Widely held beliefs that describe _____ a nutrient benefits body function.

- “Vitamin D supports immunity”
- “Antioxidants support cellular health”

Calcium helps build
Strong Bones

Health Claims

Links **food component** to a risk of **disease** or **condition**.

- _____-approval by FDA.
- “**Oatmeal** lowers **cholesterol**”
- “**Leafy greens** lower **cancer**”



Nutrient Content Claims

Describe _____ of a nutrient.

- “**Low Fat**” or “**Fat-free**”
- “**High Fiber**”
- “**Good** source of iron”



Pre-approval

Scientifically backed claim that links nutritional component to health benefit.

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EXAMPLE

On a food label, the statement of “reduced fat” is an example of which type of claim?

- a) Function Claim b) Nutrient Claim c) Structure Claim d) Health Claim

PRACTICE

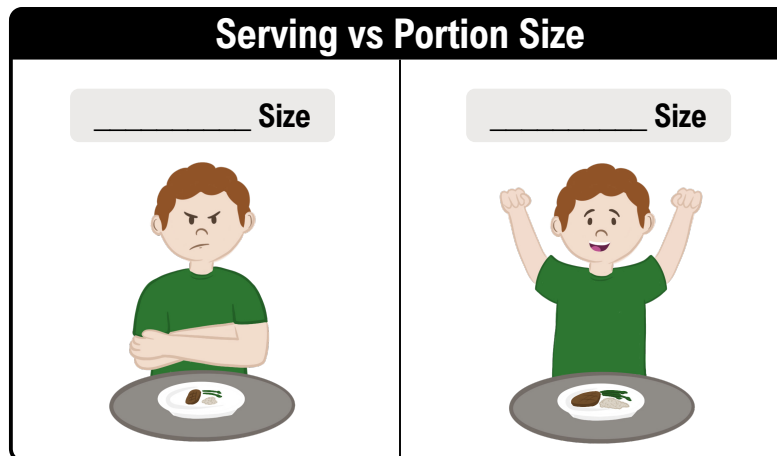
The statement “an adequate amount of calcium combined with a well-balanced diet may lower your risks of developing osteoporosis later in life” is an example of which type of claim?

- a) Health Claim
b) Structure Claim
c) Nutrient Claim
d) Implied Claim

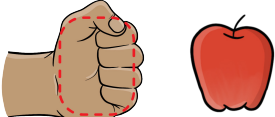

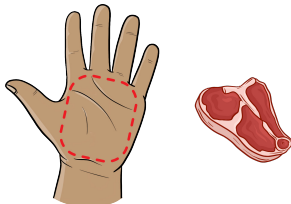
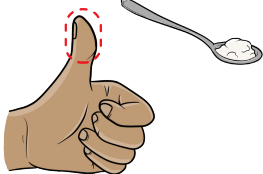
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Estimating Serving Size

- ◆ **Serving Size:** standardized, _____-determined amount of food that is believed to be consumed in one sitting.
 - **Portion Size:** the _____ amount of food a person chooses to eat in one sitting.



- ◆ You can use your _____ as an estimate for the serving size of unprepared foods.

Serving Size Estimates	
<div>1 Closed Fist (Whole Fist)</div>  <div>Serving Size: ____ cup (Grains, Fruits, & Veggies)</div>	<div>2 Cupped Hand</div>  <div>Serving Size: ____ cup (Grains & Dairy)</div>
<div>3 Open Palm</div>  <div>Serving Size: ____ oz (Meats)</div>	<div>4 Thumb</div>  <div>Serving Size: ____ cup (Fruits & Veggies)</div> <div>Serving Size: ____ Tbsp (Dairy)</div>

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EXAMPLE

When prepared, oatmeal typically doubles in size. This means $\frac{1}{2}$ cup of oatmeal makes 1 cup when cooked. After completing an ultramarathon, Janet needs to replenish her energy and wishes to prepare 5 cups of cooked oatmeal. If she misplaced her measuring cup, how many cupped hands would she need to use?

-
- a) 2.5 b) 4 c) 10 d) 3 e) 5

PRACTICE

A recipe for pan seared steak with garlic butter made with 1 pound of New York strip steak represents 4 servings. If you wish to make 22 servings for a family BBQ, how many ounces of steak will be needed? (1 pound = 16 ounces).

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- a) 22 oz b) 88 oz c) 16 oz d) 30 oz e) 113 oz

PRACTICE

Jacob likes to create his meals randomly. Tonight, he grabs 2 whole fists of grapes, 1 whole fist of strawberries, 2 cupped hands of brown rice, 2 open palms of ground beef, and 3 thumbs of spinach. If a cup equals 8 oz, how many cups is his meal?

-
- a) 8.5 cups b) 4 cups c) 5.5 cups d) 3 cups e) 11.5 cups