Lesson Title: Nutrition Label

Learning Objectives:

- Understand how to read a nutrition label
- Properly identify whether a label is great or poor choice to eat

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% 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 1g	
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.

	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

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.

New Nutrition Labels Coming Soon! Here's the differences in the new nutrition labels:

- Serving size is now highlighted.
- Calories per serving is now highlighted.
- Manufactures must state the grams of **vitamin D, calcium, iron and potassium** as well as the percent daily value. Other micronutrients are voluntary to be listed.
- Amount of **added sugar** will now be identified. Percentage based on no more than 10% of daily calories from added sugar *(reflects 2000 calorie diet).*
- Serving sizes will be based on what consumers are actually eating, not what they should be eating. For instance, ice cream is going from ½ cup → 2/3 cup and soda is going from 8 ounces → 12 ounces.
- New labels must be updated by July 2018

Reading a nutrition label:

- Start at the top with serving size and servings per container. If it says two servings per container and you eat the whole item, you must then double the nutrients listed to get an accurate amount of calories and macronutrients consumed.
- Move down to calories. How much is too much? Is this the whole meal or just a portion?
    - Goal of snacks (middle and high school): 150-250 calories
    - Breakfast:
        - Middle School: 400-550
        - High School: 450-600
    - Lunch/Supper:
        - Middle School: 600-700
        - High School: 750-850
- How much fat and where is it coming from? Trans fats are "man-made" fats and designed to make foods shelf stable and taste better. Unfortunately, trans fats are very bad for our health. Goal is 0 grams of trans fats.
- Sodium is present in packaged foods because it helps foods to be shelf stable as well. It acts as a preservative.
- Total carbohydrates: Carbs encompass a big umbrella. We want carbohydrates that contain fiber and are low in sugar. Fiber keeps us full and satisfied. Doing down to sugar, there are natural sources of sugar (milk, fruit) and added sugar to make foods taste good. The American heart association recommends no more than 25 grams of added sugar per day. This particular label contains 1/3 of the recommended added sugar for the day in only one serving! The new labels will make it very easy to tell how much sugar is "natural" and how much is added to a specific packaged food
- Sodium: is added to foods to help it become shelf stable. Sodium causes your body to retain fluid. Increased amounts of sodium are located in sauces and canned foods.

Activity: Match the nutrition label. Have students look at the list of foods first. Go back to the nutrition 101 activity of identifying macronutrients. This will help them determine what the primary macronutrient will be in the particular food and find a label that is close to that. Go through the labels to determine if that would be a good choice or not. Many of these foods sound like a good choice initially but after looking at the nutrition labels, it might not be a great balanced option.