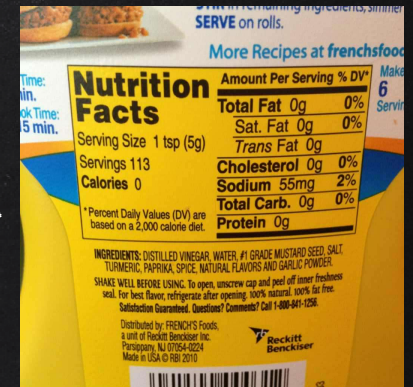


# Food Labels





Let's watch a video  
about food labels

Video 1







Confused?

Let's break it down!

## Nutrition Facts

**1** 8 servings per container  
**Serving size** 2/3 cup (55g)

**2** Amount per serving  
**Calories** **230**

% Daily Value\*

**3** **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

**4** Includes 10g Added Sugars **20%**

**Protein** 3g

**5** 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.

# Serving Size

## 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

## 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%

The amount of food listed on the food label



# Portion Size vs. Serving Size



Video 2



## Serving Size

- ✗ What's the serving size?
- ✗ How many servings are in this box of Pop Tarts?





## Serving Size

- ✗ What's the serving size?
- ✗ How many servings are in this jar of peanut butter?



# Calories



The amount of energy per serving size



## Calories

- ✗ How many calories per serving?
- ✗ How many calories if you eat the whole bag of chips?



**Don't forget to look at the serving size and how many servings total!**



## Calories

- ✗ How many calories per serving?
- ✗ How many calories if you eat the whole container of ice cream?



### Nutrition Facts

Serving Size 1/2 cup (101g)  
Servings Per Container 4

Amount Per Serving

**Calories 260**    **Calories from Fat 130**

% Daily Value\*

**Total Fat 15g**                      **23%**

    Saturated Fat 9g                      **44%**

    Trans Fat 0g

**Cholesterol 60mg**                      **20%**

**Sodium 80mg**                              **3%**

**Total Carbohydrate 28g**              **9%**

    Dietary Fiber 1g                        **3%**

    Sugars 23g

**Protein 4g**

Vitamin A 10%      •    Vitamin C 0%

Calcium 15%        •    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:

**Don't forget to look at the serving size and how many servings total!**

# Nutrients



## The “5/20 Rule”

Limit these  
nutrients

Get enough of  
these nutrients

### Nutrition Facts

2 servings per container  
Serving size 1 cup (228g)

Amount Per Serving  
**Calories 250**

% Daily Value\*

<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
<b>Vitamin D</b> 2mcg	10%
<b>Calcium</b> 260mg	20%
<b>Iron</b> 8mg	45%
<b>Potassium</b> 235mg	6%

Quick guide to  
% Daily Value

5% or less  
is low

20% or more  
is high

Video 3





## Nutrients

- ✗ How much sugar is in this candy bar?
- ✗ Is it high or low in sugar?



**Remember:**    5% or less is low    20% or more is high

<div>8 Snack Size</div> <div>SINCE 1894</div> <div><b>HERSHEY'S</b></div> <div>MILK CHOCOLATE</div>			
8 - .45 OZ (12g) BARS / NET WT 3.6 OZ (102g)			
		PER 2 PIECE SERVING	<div>130 CALORIES</div> <div>5g SAT FAT 25% DV</div> <div>20mg SODIUM 10% DV</div> <div>14g TOTAL SUGARS</div>
Nutrition Facts		Amount/Serving	% Daily Value*
4 servings per container <b>Serving size</b> <b>2 pieces (26g)</b>		<b>Total Fat</b> 8g	<b>10%</b>
		Saturated Fat 5g	<b>25%</b>
		Trans Fat 0g	
		<b>Cholesterol</b> 5mg	<b>2%</b>
		<b>Sodium</b> 20mg	<b>1%</b>
		Vitamin D 0mcg	0%
		Iron 1mg	6%
		<b>Calories per serving</b>	<b>130</b>
		Amount/Serving	% Daily Value*
		<b>Total Carbohydrate</b> 15g	<b>6%</b>
		Dietary Fiber <1g	<b>2%</b>
		Total Sugars 14g	
		Includes 12g Added Sugars	<b>25%</b>
		<b>Protein</b> 2g	
		• Calcium 51mg	4%
		• Potassium 95mg	2%

\*The % Daily Value 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.

## Nutrients

- ✗ How much sodium is in this pizza?
- ✗ Is it high or low in sodium?



**Remember:**    5% or less is low    20% or more is high



## Nutrition Facts

18 servings per container  
Serving size 1/6 pizza (140g)

Amount per serving  
**Calories 330**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 700mg	<b>30%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 13g	
Vitamin D 1.0mcg	4%
Calcium 183mg	15%
Iron 3.0mg	15%
Potassium 272mg	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.



## Nutrients

- ✗ Is this milk high or low in Calcium?
- ✗ Is this milk high or low in Vitamin C?



**Remember:**    5% or less is low    20% or more is high



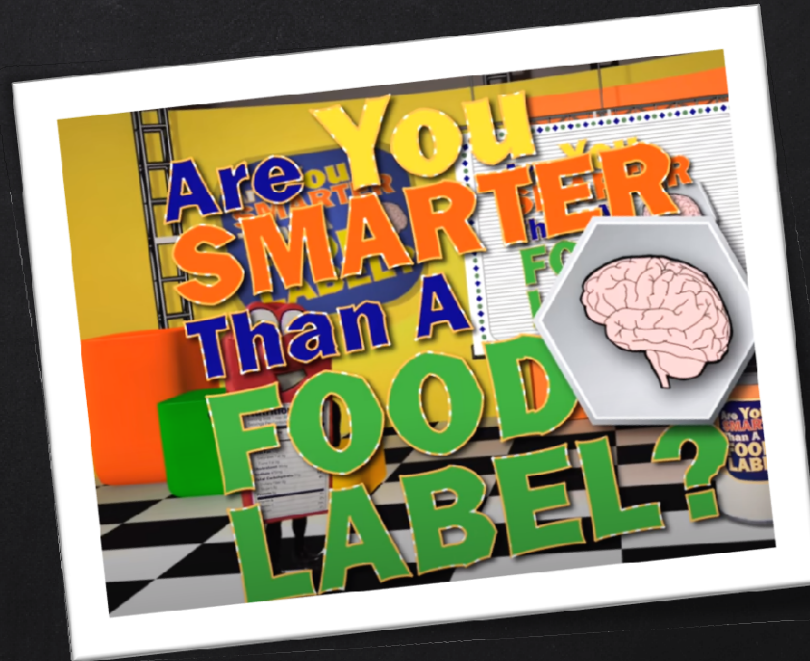




**Practice  
Makes  
Perfect**

Now you can go through your food items at home  
to practice reading food label!

# Let's play a game!



Video 4





# Lesson Checklist

- ✕ Practice reading food labels at home
  - Serving Size
  - # of Servings
  - Calories
  - Nutrients
- ✕ Use exercise log sheet to track this week's exercise
- ✕ Record this week's weight

