



Lesson #5

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*

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

8 Snack Size

SINCE 1894

HERSHEY'S

MILK CHOCOLATE

8 - .45 OZ (12g) BARS / NET WT 3.6 OZ (102g)

PER
2 PIECE
SERVING

130
CALORIES

5g
SAT FAT
25% DV

20mg
SODIUM
10% DV

14g
TOTAL
SUGARS

Nutrition Facts

4 servings
per container
Serving size
2 pieces (26g)

Calories
per serving **130**

Amount/Serving **% Daily Value***

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 20mg **1%**

Vitamin D 0mcg 0%

Iron 1mg 6%

Amount/Serving **% Daily Value***

Total Carbohydrate 15g **6%**

Dietary Fiber <1g **2%**

Total Sugars 14g

Includes 12g Added Sugars **25%**

Protein 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* | |
| Total Fat 12g | 15% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 700mg | 30% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 3g Added Sugars | 6% |
| Protein 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

Great Value **Fat Free Milk**
Vitamin A & D, Grade A, pasteurized, homogenized **0%**

| Nutrition Facts | |
|-------------------------------|------------|
| Amount/serving | %DV* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsat. Fat 0g | |
| Monounsat. Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 120mg | 5% |
| Potassium 390mg | 11% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |

Serv. Size 1 cup (240mL)
Servings 16
Calories 80
Calories from Fat 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3.
DISTRIBUTED BY: Wal-Mart Stores, Inc.
Bentonville, AR 72716 ©1993
Processed at plant and date code stamped above
Return the package and the receipt for replacement or money back.
1-877-505-2267 or visit us online at walmart.com

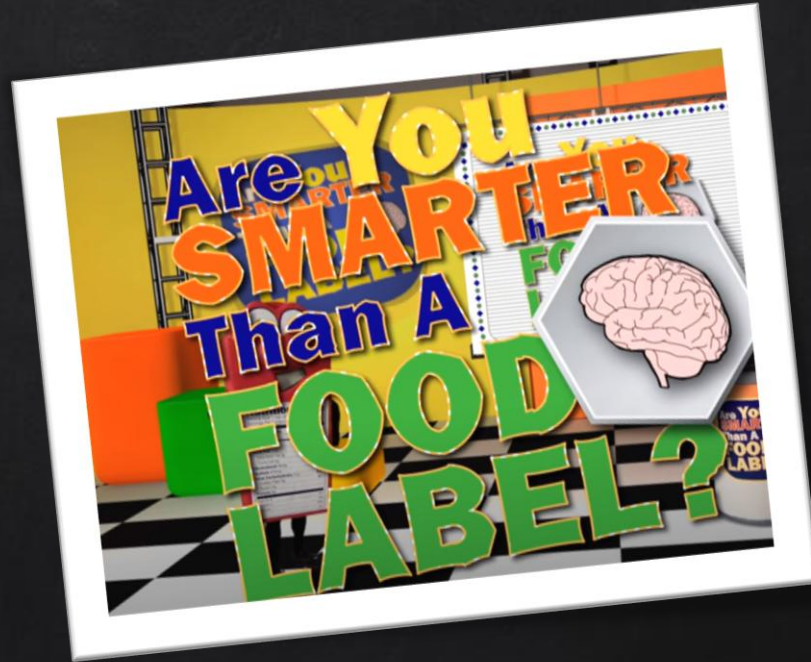
1 GAL (3.78L) KEEP REFRIGERATED 0 78742 35189 6

Our farmers have pledged to not treat any of their cows with any artificial growth hormones. According to the FDA, no significant difference has been shown between milk derived from rBST treated and non-rBST treated cows.



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
- ✗ Did you record this week's weight?

