



Lesson 6: Food Labels and Portion Control



Why Food Labels Are Important??



Nutrition Facts	
Serving Size 2 Rounded Scoops (46G)	
Serving per Container 20	
Amount Per Serving	
Calories 150	Calories from Fat 40
Total Fat 3.5g	% Daily Value*
Saturated Fat 0g	5%
Trans Fat 0g	0%
Cholesterol 0mg	
Sodium 180mg	
Potassium	

Nutrition Facts	
Per 3/4 cup (29 g)	
Cereal Plus 125 mL Only 2% P.S. Milk	
Amount	
Calories	110 170
	% Daily Value
Fat 1 g*	6%
Saturated 0.3 g	
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 180 mg	
Carbohydrate 23 g	9%
Fibre 2 g	
Sugars 10 g	
Protein 2 g	0%
Vitamin A	0%
	25%
	10%
	30%

Nutrition Facts	
Per 1/2 cup (125 mL)	
Cereal Plus 125 mL Only 2% P.S. Milk	
Amount	
Calories	110 170
	% Daily Value
Fat 3 g*	6%
Saturated 0.5 g	
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 190 mg	
Carbohydrate 24 g	
Fibre 1 g	
Sugars 11 g	
Protein 2 g	
Vitamin A	

Video 1



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%



Serving Size



Serving Size

- It is important to know the serving size
- If you eat twice the serving size, don't forget to multiply all the listed calories and nutrients by 2.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

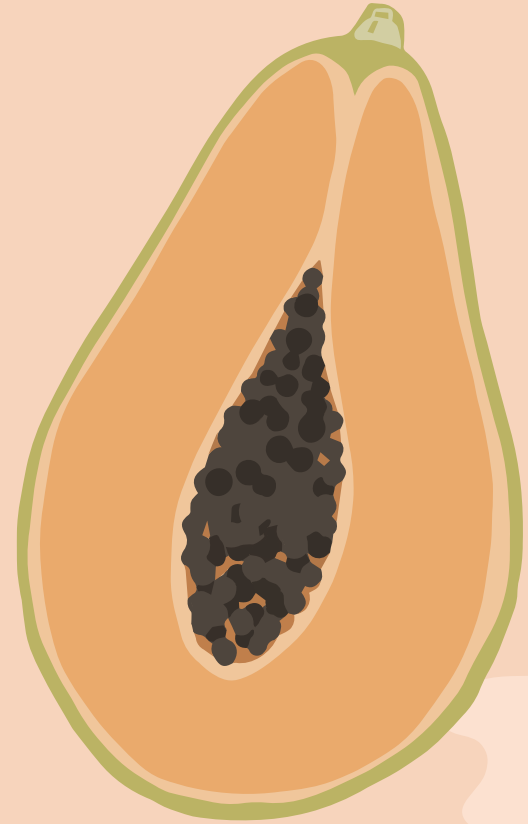
Total Fat 8g **10%**

Saturated Fat 1g **5%**

Video 2



Serving Size
vs.
What we
actually eat



SERVING SIZE



175 mL per serve
2 serves per bottle
64 Calories

PORTION SIZE



350 mL
"the whole bottle"
128 Calories



~16.5 g per serve
3 serves per box
78 Calories



50g
"the whole box"
235 Calories



25g per serve
2 serves per tube
130 Calories



53g
"the whole tube"
257 Calories

Created by @thesavvydietitian

How much
we should be
eating for 1
serving of
calories

How much
we usually
eat

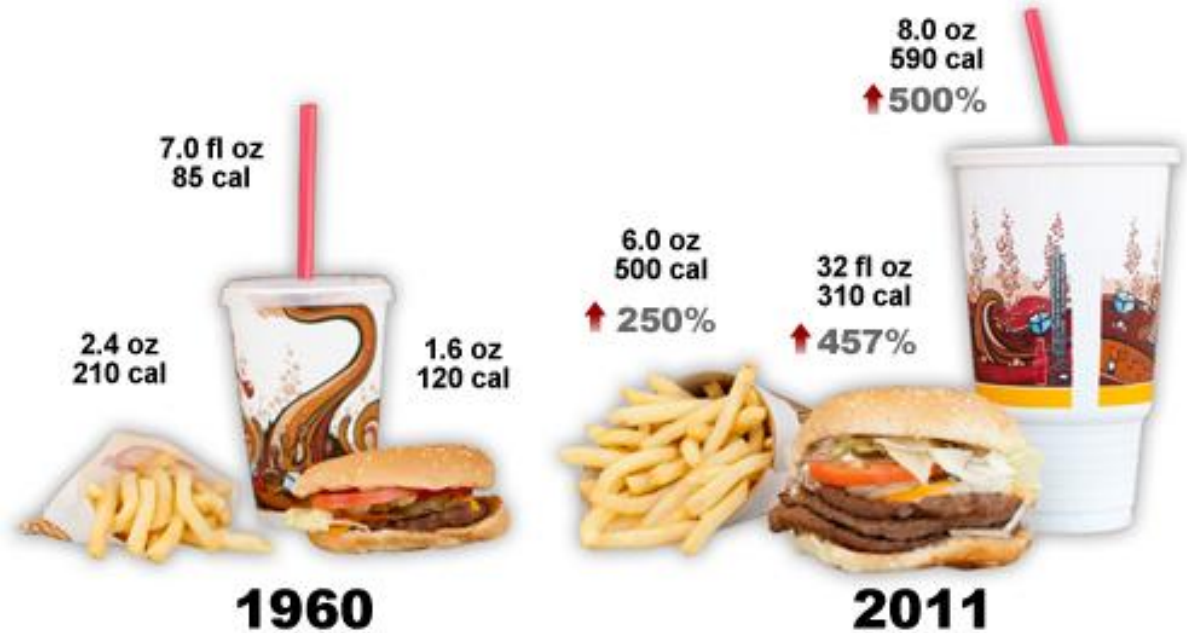
Video 3



Portion size
has changed
a lot over
time

Portion Sizes—Then and Now

Fast food portions have increased dramatically since 1960. Here's how they stack up, then and now:



Video 4

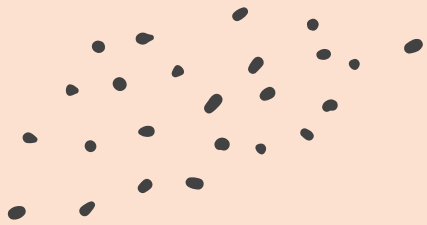




**Portion control to
eat more healthy**

Video 5





**End of
Lesson 6**

PORTION

Control



Size matters!