

# *Nutrition Basics & Label Reading*



Lake Intermediate

Wednesday, December 11<sup>th</sup>, 2019

# *Team Introductions*



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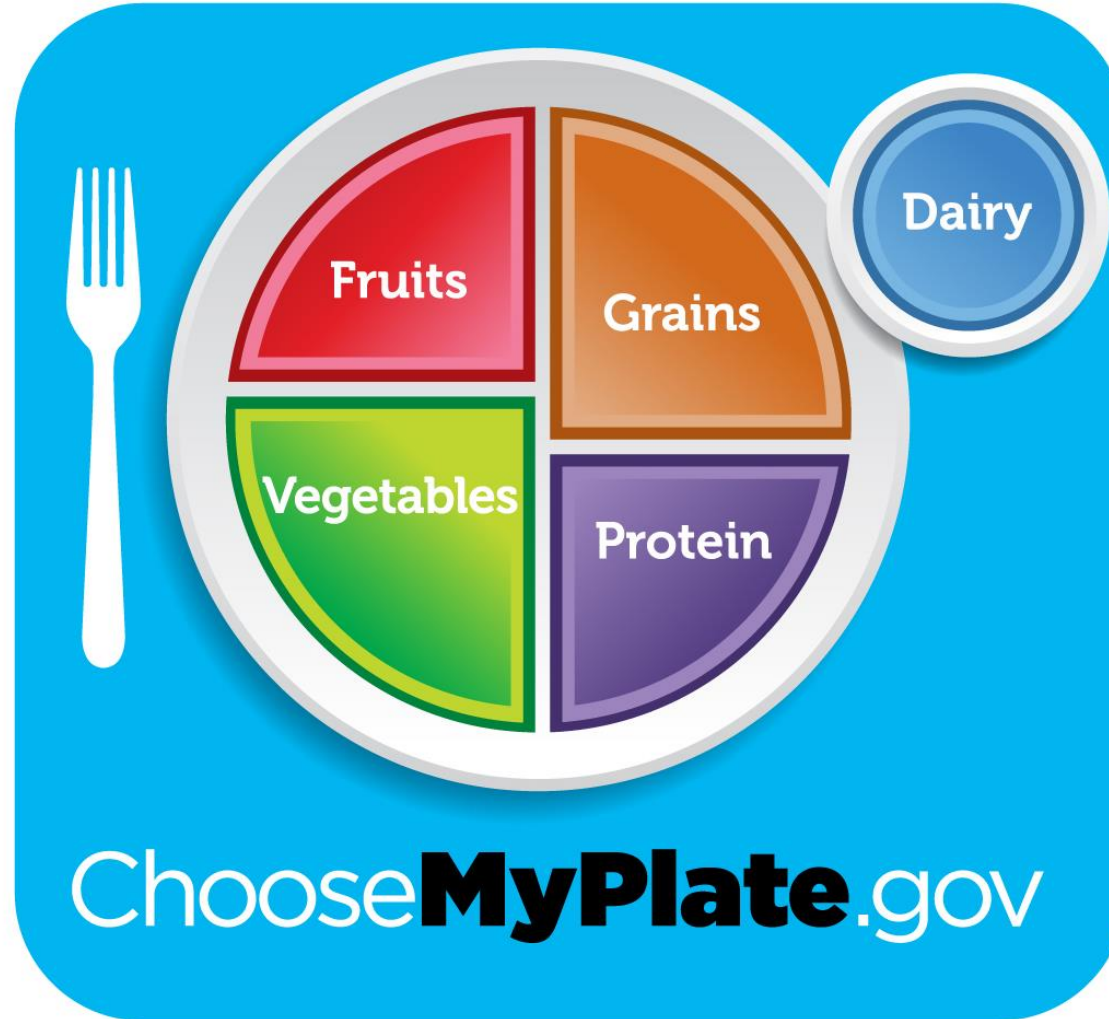
Alexandria Nguyen, Dietetic Intern

# *Why is Nutrition Important?*

- A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.



# *MyPlate Guidelines*



# *Healthy Eating Tips for Parents of Teens*

- No need for an instant makeover (start with small steps)
- Focus on what you can control
- Stay calm
- Practice role modeling
- Teach with purpose
- Eat together



# *What is a Nutrition Label?*

- The list of nutrients including **total fat, trans fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, and protein**. **Vitamins** and **minerals** are listed on a nutrition label when they are added to food.
- The list of ingredients in the product in order of most to least.



Nutrition Facts	
Serving Size 1 cup (55g)	
Servings Per Container About 12	
Amount Per Serving	
<b>Calories</b> 125	Calories from Fat 15
	%Daily Value*
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 2mg	4%
<b>Sodium</b> 100mg	5%
<b>Total Carbohydrate</b> 15g	7%
Dietary Fiber 2g	
Sugars 1g	
<b>Protein</b> 15g	

# *Why are Nutrition Labels Important?*

- ▶ They can help you decide what to choose as part of a healthy lifestyle
- ▶ Lets you know what the ingredients in the food are and where the food came from



# *Important Definitions*

- ▶ **Calories:** ENERGY that fuel our bodies
- ▶ **3 Types of Energy the Body Uses:**
  - ▶ **Carbohydrates:** sugars, starches, and celluloses (derived from plants)
  - ▶ **Fat:** high calorie compound found in food (ex: saturated fat, unsaturated fat, trans fat)
  - ▶ **Protein:** essential for building, maintaining, and repairing the tissues in our body
- ▶ **Vitamins and Minerals:** compounds necessary for the healthy functioning of our bodies (ex: vitamin A, C, B, D/iron, calcium, potassium)

# Reading a Nutrition Label

Sample label for  
Macaroni & Cheese

**Nutrition Facts**

① **Start Here** → Serving Size 1 cup (228g)  
Servings Per Container 2

② **Check Calories** Amount Per Serving  
**Calories** 250      Calories from Fat 110

③ **Limit these Nutrients**

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

# *Natural Sugars vs. Added Sugars*

- ▶ Natural sugars are naturally occurring in foods such as fresh fruit and dairy products



- ▶ Added sugars are sugars that are added to foods. (i.e. granulated sugar, cane sugar, high fructose corn syrup)



# Natural Sugars vs. Added Sugars

## ► 1% Low-fat Unflavored Milk Nutrition Label

Nutrition Facts			
Serving Size 1 cup (240mL)			
Amount per Serving			
Calories 120		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol <5mg		1%	
Sodium 200mg		8%	
Total Carbohydrate 23g		8%	
Dietary Fiber 0g		0%	
Sugars 22g			
Protein 7g			
Vitamin A 10%		Vitamin C 4%	
Calcium 30%		Iron 2% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Protein		50g	65g
Calories Per Gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

**Ingredients:** milk, skim milk, non-fat milk solids, Vitamin A & Vitamin D

## ► Sunny Delight Nutrition Label

Nutrition Facts	
Datos de Nutrición	
Serving Size/Tamaño Por Ración: 8 fl oz (240mL)	
Servings Per Container/Raciones Por Envase: 16	
Amount Per Serving/Cantidad Por Ración	
Calories/Calorías 50	
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Sodium/Sodio	160mg 7%
Total Carbohydrate/Total de Carbohidratos	14g 5%
Sugars/Azúcares	14g
Protein/Proteína	0g
Vitamin C/Vitamina C	100%
Thiamin/Tiamina	15%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron. / No es una fuente importante de calorías de grasa, grasa saturada, grasa trans, colesterol, fibra dietética, vitamina A, calcio ni hierro.	
*Percent Daily Values are based on a 2,000 calorie diet. / Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías.	

**Ingredients:** WATER, HIGH FRUCTOSE CORN SYRUP AND 2% OR LESS OF: CONCENTRATED ORANGE JUICE, CONCENTRATED TANGERINE JUICE, CONCENTRATED APPLE JUICE, CONCENTRATED LIME JUICE, CONCENTRATED GRAPEFRUIT JUICE, CONCENTRATED PEAR JUICE, CITRIC ACID, ASCORBIC ACID (VITAMIN C), THIAMIN HYDROCHLORIDE (VITAMIN B1), NATURAL FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL, SODIUM CITRATE, CELLULOSE GUM, SUCRALOSE, SODIUM HEXAMETAPHOSPHATE, POTASSIUM SORBATE TO PROTECT FLAVOR, YELLOW #5, YELLOW #6, CALCIUM DISODIUM EDTA TO PROTECT COLOR.

# *Added Sugar Recommendation for 7<sup>th</sup>/8<sup>th</sup> graders*

- ▶ Aim for LESS than 25 grams of **added** sugar per day
- ▶ 25 grams is equivalent to **6 teaspoons of sugar**
- ▶ To put this in prospective, one 12 fl oz coca cola contains 39 grams of added sugar.



# Reading a Nutrition Label

1 SERVING

Nutrition Facts	
Serving Size 1 oz (28g/About 21 pieces)	
Servings Per Container 9	
Amount Per Serving	
Calories 160	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Thiamin 6%	Riboflavin 2%
Niacin 4%	Vitamin B <sub>6</sub> 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

**Ingredients:** Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot® Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

**CONTAINS MILK INGREDIENTS.**

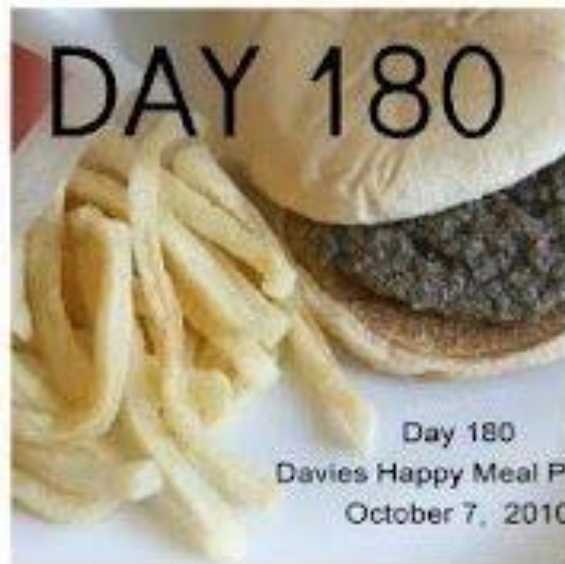
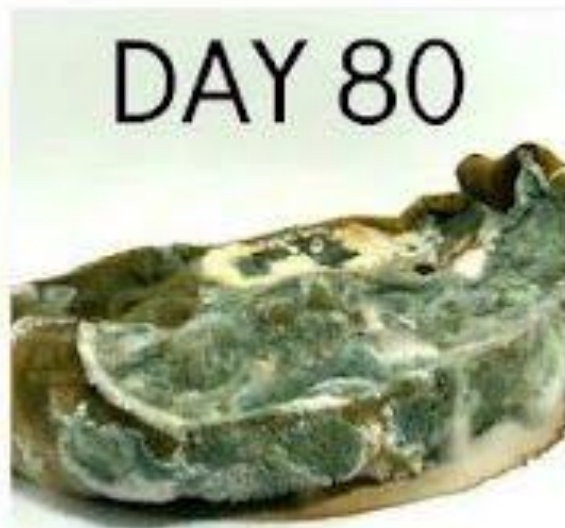
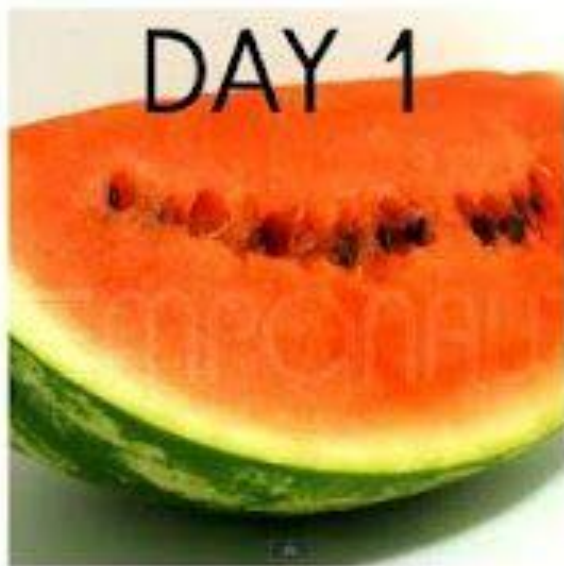
1 BAG

Calories: 1,440	Calories from Fat: 900
	% Daily Value
Total Fat: 11 grams	153%
Saturated Fat: 85.5 grams	72%
Sodium: 2,250 mg	90%



# *Ingredients List*

- ▶ What to look for?
- ▶ Ingredients that are easy to pronounce!
- ▶ Food items with limited ingredients. Look for “Clean Label” products.
  - ▶ Whole grain items
  - ▶ Real fruit and vegetables
  - ▶ Natural vs Artificial
  - ▶ No preservatives
- ▶ Enjoy whole foods that do not have “ingredients list” such as fresh fruit and vegetables



# *Nutrition Label Activity*

- ▶ Choose a snack out of your snack bag to do a nutrition label reading (refer to previous slide)
- ▶ Ask for volunteers to read out serving size, calories, total fat, saturated fat, protein, carbohydrates, vitamins, and minerals, etc.

The background of the slide features abstract geometric shapes in various shades of blue, primarily on the left and right sides, framing a central white area.

*Thank you!*

Questions???