

## 17. Reading Food Labels

**To the Teacher** Labels on food products provide the nutritional information about the product being consumed, and will tell what portion is contributing to the suggested daily value of a healthy diet. The primary items included on the Nutritional Facts label are: **total fat** (both saturated and trans fat), **cholesterol**, **sodium**, **carbohydrates** (including dietary fiber and sugars), **protein**, and some **vitamins**.

- **Fats** (*see information for Sessions 16 and 17*)
- **Proteins** (*see information for Sessions 16 and 17*)
- **Carbohydrates** (*see information for Sessions 16 and 17*)

**Dietary fiber** consists of the portion of plant foods that the body cannot digest or absorb. There are two types of fiber: insoluble and soluble. “Insoluble” fiber does not dissolve in water. It helps to increase and soften stool and the movement of material through the digestive system. “Soluble” fiber dissolves in water and helps lower blood cholesterol and glucose (sugar) levels. Fiber functions to prevent or relieve constipation, as well as to lower the risk of hemorrhoids, irritable bowel syndrome and possibly colorectal cancer. Fiber may help with weight loss and can lower the risk of diabetes and heart disease.

Foods that are high in fiber include whole wheat flour, wheat bran, oats, nuts, peas, beans, apples, citrus fruits, carrots, barley and other vegetables. Increasing the amount of fiber in a diet should be done gradually, giving the natural bacteria in the digestive system time to adjust to the change, so as to prevent intestinal gas and abdominal bloating and cramping.

**Calories.** The amount of energy stored in food, or how much energy a diet can provide the body, is measured in units called calories. While the amount of energy contained in different types of foods differs, calories from fat, protein or carbohydrates represent the same amount of energy. As a person takes in food, the body breaks down food molecules to release energy. This energy is then used by the body to function — specifically for movement, thought and growth. This process is called metabolism. The greater a person’s activity, the greater the amount of energy (and, therefore, calories) he or she will need. Any energy not used will be stored in the form of fat cells. Therefore, the less active a person is, the fewer calories he or she will need in order to function. However, if food intake is increased while physical activity is decreased, the result will be weight gain. The amount of calories a person should consume is determined by their age, height, current weight and desired weight. On average, most women should consume approximately 2,000 calories per day, while most men should consume approximately 2,500 calories per day. Eating fewer calories can result in loss of weight.

**Sodium** is a mineral used by the body to regulate blood pressure and blood volume. It is also needed for the muscles and nerves to function. The most common form of sodium is table salt. Sodium is naturally found in milk, beets, celery and drinking water, but it is also added to processed meats, canned soups, vegetables and most other foods. High quantities of sodium are found in “fast” foods. Excessive consumption of sodium can contribute to high blood pressure and fluid retention. The recommended daily intake of sodium for adults ranges from 1,100 to 3,300 mg, although the average sodium intake in the United States is between 4,000 and 5,000 mg per day.

**Sugar** (*see carbohydrates*). While naturally occurring sugars are found in milk and fruits, many sugars have been added to processed foods. These added sugars lack vitamins, minerals and fiber, but provides calories — thus, it can lead to weight gain. Types of sugar include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, honey, lactose, maltose, malt syrup, molasses, raw sugar, sucrose and syrups.

**Calcium** is found primarily in the body’s teeth and bones. It is one of the most important, and plentiful, minerals of the body. Calcium is essential for growth, maintenance of the teeth and bones, and reproduction. It is also needed for blood coagulation, transmission of nerve impulses, normal heartbeat, and many other functions. For many people, dairy products are the most significant source of calcium. Reducing the fat content of dairy products does not reduce the calcium supplied. Other sources of calcium include leafy green vegetables, orange juice, salmon, shellfish and dried beans. Low intake of calcium can lead to calcium deficiency, resulting in osteoporosis, loss of the jaw bone, hypertension and other disorders.

**Vitamin A** is a fat-soluble vitamin found in animal sources such as liver, kidney, eggs and dairy, and produce. Carotenoids, which the body can convert to vitamin A, are found in plants such as dark or yellow vegetables and carrots. Vitamin A aids in growth and development, supports immune system functioning, and is beneficial to vision. It may also help to prevent some types of cancer and reduce mortality rate from measles. Vitamin A deficiency is primarily a problem in developing countries where malnutrition is common, and can result in total or night blindness, dry eye, skin disorders, infections, diarrhea and respiratory disorders.

**Vitamin C** is necessary for the body to form collagen in bones, cartilage, muscle and blood vessels. Vitamin C also helps the body absorb iron. It can be found in fruits and vegetables, particularly citrus fruits. Severe deficiency of vitamin C can cause scurvy. The use of vitamin C in the prevention and treatment of the common cold and respiratory infections is controversial.

**Iron** is a mineral and a component of protein. It is used to help transport oxygen to the tissues from the lungs, and is essential in metabolism. Iron is used in the production of neurotransmitters such as dopamine, norepinephrine and serotonin. The amount of iron in the body is typically controlled by the amount absorbed from food. Sources of iron include meat, fish, poultry, beans, lentils, flours, cereals and grain products. Dried fruit, peas, asparagus, leafy greens,

strawberries and nuts are additional sources of iron. Lack of iron can lead to iron-deficiency anemia — which, according to the World Health Organization, is the most common nutritional disorder.

**Sources** [www.nlm.nih.gov/medlineplus/ency/article/000276.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000276.htm)  
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[http://riley.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=3&tax\\_subject=274&topic\\_id=1323&level3\\_id=5147](http://riley.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=274&topic_id=1323&level3_id=5147)

# 17. Reading Food Labels

**Objectives** Learners will:

- Be able to evaluate the levels of protein, fat, carbohydrate, fiber, sodium and calcium on food labels.
- Know the importance of sodium, fiber and sugar on food labels.
- Identify the levels of saturated and trans fats.

**Materials Needed**

Board or chart paper  
Markers  
Overheads of Nutrition Facts labels  
Nutrition Facts labels [15 copies]  
Foods flashcards  
Canned or packaged foods (brought in by learners)  
Measuring cups and spoons  
Handouts: 17a (Reading Food Labels), 17b (Nutrition Label Comparison worksheet #1), 17c (Nutrition Label Comparison worksheet #2), 17d (Nutrition Label Comparison worksheet #3), 17e (How much do you need?), 17f (More about Calcium), 17g (Carla’s Food Diary #2)  
Nutrition pre-tests (from Session 16)  
Computers with Internet access

**Activity 1  
Review**

Play Food Bingo or Hangman to review some of the food names.

**Activity 2  
Reading Food  
Labels**

1. Using the overhead, look at a Nutrition Facts food label. Ask learners what they see. [Note: If overhead is not available, use handouts of labels.]
2. Talk about sodium. Ask: “What is sodium?” (*Salt*) “Who needs to be careful about sodium?” (*People with high blood pressure; also, most people eat too much salt from processed foods*).
3. Talk about sugar content. Ask: “Some people need to be careful about sugar in foods. Do you know why?” (*People with diabetes; people trying to lose weight; adds calories without nutrition*).
4. Talk about fiber. “Is fiber good for us or not good for us?” (*Good*) “Does this food have fiber?” “What foods have a lot of fiber?” (*Fruits, vegetables, whole grains*).
5. Talk about iron. Ask: “What is iron [FE]? Iron is a mineral. It is important for our blood. Does this food have a lot of iron?” [Note: Use the international chemical symbols. Some learners may recognize these.]
6. Talk about calcium. Ask: “What is calcium [Ca]? Calcium is a mineral. It is important for our bones.”
7. Ask questions about the Nutrition Facts label: “How many calories?” “How much protein?” “How much sodium?” Go over any of the unfamiliar terms. Ask learners to evaluate the food (a lot of sugar, too much salt, etc.).

Repeat activity for a few additional foods.

**Activity 3**  
**Practice**

Hand out worksheet 17a, Reading Food Labels. Divide learners into groups of 4. Ask them to look at the labels on the canned or packaged foods they have brought in, and complete the worksheet for each food.

Ask each group to tell the class about one of the products they looked at.

**Product Comparisons**

1. Hand out the Nutrition Label Comparison worksheets (17b, 17c, 17d).
2. As a class, do the first example together.
3. Ask learners to work with a partner or in small groups to answer the questions about the other comparisons.
4. Check answers and discuss as a class.

**Activity 4**  
**How much do you need?**

1. Hand out worksheet 17e, “How much do you need?”
2. Read the first chart together. Demonstrate “one cup.”
3. Ask learners to write how much vegetables they should eat.
4. Repeat for each food type. If possible, use kitchen measuring cups and spoons to show food quantities (ounces, cups, etc.).

**Activity 5**  
**More about Calcium**

1. Ask: “Do you drink milk or eat cheese? What other foods have calcium?”
2. Hand out worksheet 17f, More about Calcium. Read the top part together. Ask learners to circle the calcium foods they eat. [Note: You may choose to assign the circling as homework.] *Alternative:* Mention only those foods in class that are common for your learners. These are highlighted on the Teacher’s Version.

**Activity 6**  
**Portion Size**

1. Hand out worksheet 17g, Carla’s Food Diary #2. This version shows serving sizes.
2. Ask learners to check if Carla gets enough of each nutrient.
3. Check answers as a class.

**Activity 7**  
**Reviewing the Nutrition Quiz**

1. Hand out the nutrition pre-test quiz (“What do you know about Nutrition?”) that learners completed in Session 17.
2. Ask them to read the quiz again, and change any answers.
3. Check as a class.
4. Ask for volunteers to tell one thing they learned from the nutrition sessions.

**Assessment**

Administer the quiz on “Healthy Diet.” Check as a class.

**Technology** If you have a computer with Internet access, go to [www.mypyramid.gov](http://www.mypyramid.gov). Then click inside the pyramid. Click on each part of the pyramid and then on the **Food Gallery**, and you will be able to see samples of different portions.

Visit [www.fatcalories.com](http://www.fatcalories.com), an interesting website that shows the amount of fat in fast foods.

At this website, [www.mcedservices.com/medex2/medex2.htm](http://www.mcedservices.com/medex2/medex2.htm), take Nutrition Quiz 3.

**Resources** Food flashcards and photo bingo sets are available from PCI Education: [www.pcicatalog.com](http://www.pcicatalog.com).

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Reading Food Labels

Directions: Read the food labels. Fill in the charts.

| Name of food:                  | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein |           |
| This food has a lot of fiber   |           |
| This food has a lot of salt    |           |
| This food has a lot of calcium |           |
| This food has a lot of sugar   |           |
| This food has ____ calories    |           |

| Name of food:                  | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein |           |
| This food has a lot of fiber   |           |
| This food has a lot of salt    |           |
| This food has a lot of calcium |           |
| This food has a lot of sugar   |           |
| This food has ____ calories    |           |

| Name of food:                  | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein |           |
| This food has a lot of fiber   |           |
| This food has a lot of salt    |           |
| This food has a lot of calcium |           |
| This food has a lot of sugar   |           |
| This food has ____ calories    |           |

| Name of food:                  | Yes or No |
|--------------------------------|-----------|
| This food has a lot of protein |           |
| This food has a lot of fiber   |           |
| This food has a lot of salt    |           |
| This food has a lot of calcium |           |
| This food has a lot of sugar   |           |
| This food has ____ calories    |           |

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 2 tbsp 32g (32g)  |                           |
| Servings Per Container 8   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 188  | Calories from Fat 134     |
| % Daily Value*   |                           |
| <b>Total Fat</b> 16g   | 25%                       |
| Saturated Fat 3g   | 13%                       |
| Trans Fat  |                           |
| <b>Cholesterol</b> 0mg   | 0%                        |
| <b>Sodium</b> 156mg  | 6%                        |
| <b>Total Carbohydrate</b> 7g   | 2%                        |
| Dietary Fiber 3g   | 10%                       |
| Sugars 3g  |                           |
| <b>Protein</b> 8g  |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 1%   | • Iron 3%                 |
| *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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

**Peanut Butter A**

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 2 tbsp 32g (32g)  |                           |
| Servings Per Container 8   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 188  | Calories from Fat 135     |
| % Daily Value*   |                           |
| <b>Total Fat</b> 16g   | 25%                       |
| Saturated Fat 3g   | 16%                       |
| Trans Fat  |                           |
| <b>Cholesterol</b> 0mg   | 0%                        |
| <b>Sodium</b> 5mg  | 0%                        |
| <b>Total Carbohydrate</b> 6g   | 2%                        |
| Dietary Fiber 2g   | 8%                        |
| Sugars 3g  |                           |
| <b>Protein</b> 8g  |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 1%   | • Iron 3%                 |
| *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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

**Peanut Butter B**

1. Your doctor said, "Eat foods with less salt." Which peanut butter should you choose? *Peanut Butter B*
2. Your doctor said, "Eat foods with more fiber. Which peanut butter should you choose?" *Peanut Butter A*
3. Your doctor said, "Be careful about cholesterol." Can you eat peanut butter? *Yes*

| <b>Nutrition Facts</b>   |           |                   |                  |
|--|-----------|-------------------|------------------|
| Serving Size 1 slice, large 32g (32g)  |           |                   |                  |
| Servings Per Container 16  |           |                   |                  |
| Amount Per Serving   |           |                   |                  |
| <b>Calories</b>  | 80        | Calories from Fat | 10               |
|  |           | % Daily Value*    |                  |
| <b>Total Fat</b>   | 1g        |                   | 2%               |
| Saturated Fat  | 0g        |                   | 1%               |
| Trans Fat  |           |                   |                  |
| <b>Cholesterol</b>   | 0mg       |                   | 0%               |
| <b>Sodium</b>  | 156mg     |                   | 6%               |
| <b>Total Carbohydrate</b>  | 15g       |                   | 5%               |
| Dietary Fiber  | 2g        |                   | 8%               |
| Sugars   | 3g        |                   |                  |
| <b>Protein</b>   | 3g        |                   |                  |
| Vitamin A  | 0%        | Vitamin C         | 0%               |
| Calcium  | 3%        | Iron              | 6%               |
| *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             |
| Fiber  |           | 25g               | 30g              |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                   |                  |
| NutritionData.com  |           |                   |                  |

**Bread A**

| <b>Nutrition Facts</b>   |           |                   |                  |
|--|-----------|-------------------|------------------|
| Serving Size 1 slice, large 30g (30g)  |           |                   |                  |
| Servings Per Container 17  |           |                   |                  |
| Amount Per Serving   |           |                   |                  |
| <b>Calories</b>  | 80        | Calories from Fat | 9                |
|  |           | % Daily Value*    |                  |
| <b>Total Fat</b>   | 1g        |                   | 2%               |
| Saturated Fat  | 0g        |                   | 1%               |
| Trans Fat  |           |                   |                  |
| <b>Cholesterol</b>   | 0mg       |                   | 0%               |
| <b>Sodium</b>  | 204mg     |                   | 9%               |
| <b>Total Carbohydrate</b>  | 15g       |                   | 5%               |
| Dietary Fiber  | 1g        |                   | 3%               |
| Sugars   | 1g        |                   |                  |
| <b>Protein</b>   | 2g        |                   |                  |
| Vitamin A  | 0%        | Vitamin C         | 0%               |
| Calcium  | 5%        | Iron              | 6%               |
| *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             |
| Fiber  |           | 25g               | 30g              |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                   |                  |
| NutritionData.com  |           |                   |                  |

**Bread B**

1.     Bread A     has more protein.
2.     Bread A     has more fiber.
3. Bread A and Bread B have the same amount of calories, fat.

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 1 cup 195g (195g)   |                           |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories</b> 216  | Calories from Fat 15      |
| % Daily Value*   |                           |
| <b>Total Fat</b> 2g  | 3%                        |
| Saturated Fat 0g   | 2%                        |
| Trans Fat  |                           |
| <b>Cholesterol</b> 0mg   | 0%                        |
| <b>Sodium</b> 10mg   | 0%                        |
| <b>Total Carbohydrate</b> 45g  | 15%                       |
| Dietary Fiber 4g   | 14%                       |
| Sugars 1g  |                           |
| <b>Protein</b> 5g  |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 2%   | • Iron 5%                 |
| *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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 1 cup 158g (158g)   |                           |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories</b> 205  | Calories from Fat 4       |
| % Daily Value*   |                           |
| <b>Total Fat</b> 0g  | 1%                        |
| Saturated Fat 0g   | 1%                        |
| Trans Fat  |                           |
| <b>Cholesterol</b> 0mg   | 0%                        |
| <b>Sodium</b> 2mg  | 0%                        |
| <b>Total Carbohydrate</b> 45g  | 15%                       |
| Dietary Fiber 1g   | 3%                        |
| Sugars 0g  |                           |
| <b>Protein</b> 4g  |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 2%   | • Iron 11%                |
| *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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

**Brown Rice**

**White Rice**

- Your doctor said, "Eat more fiber." Which rice should you eat?  
*Brown Rice*
- Your doctor said, "Be careful about salt." Can you eat rice? *Yes*
- Does rice have a lot of fat? *No*

| <b>Nutrition Facts</b>   |           |                   |         |
|--|-----------|-------------------|---------|
| Serving Size 1 can 178g (178g)   |           |                   |         |
| Servings Per Container 1   |           |                   |         |
| Amount Per Serving   |           |                   |         |
| <b>Calories</b>  | 331       | Calories from Fat | 129     |
|  |           | % Daily Value*    |         |
| <b>Total Fat</b>   | 14g       |                   | 22%     |
| Saturated Fat  | 3g        |                   | 15%     |
| Trans Fat  |           |                   |         |
| <b>Cholesterol</b>   | 55mg      |                   | 18%     |
| <b>Sodium</b>  | 89mg      |                   | 4%      |
| <b>Total Carbohydrate</b>  | 0g        |                   | 0%      |
| Dietary Fiber  | 0g        |                   | 0%      |
| Sugars   | 0g        |                   |         |
| <b>Protein</b>   | 47g       |                   |         |
| Vitamin A  | 3%        | Vitamin C         | 0%      |
| Calcium  | 1%        | Iron              | 6%      |
| *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    |
| Fiber  |           | 25g               | 30g     |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                   |         |
| NutritionData.com  |           |                   |         |

| <b>Nutrition Facts</b>   |           |                   |         |
|--|-----------|-------------------|---------|
| Serving Size 1 can 172g (172g)   |           |                   |         |
| Servings Per Container 1   |           |                   |         |
| Amount Per Serving   |           |                   |         |
| <b>Calories</b>  | 220       | Calories from Fat | 46      |
|  |           | % Daily Value*    |         |
| <b>Total Fat</b>   | 5g        |                   | 8%      |
| Saturated Fat  | 1g        |                   | 7%      |
| Trans Fat  |           |                   |         |
| <b>Cholesterol</b>   | 72mg      |                   | 24%     |
| <b>Sodium</b>  | 648mg     |                   | 27%     |
| <b>Total Carbohydrate</b>  | 0g        |                   | 0%      |
| Dietary Fiber  | 0g        |                   | 0%      |
| Sugars   | 0g        |                   |         |
| <b>Protein</b>   | 41g       |                   |         |
| Vitamin A  | 1%        | Vitamin C         | 0%      |
| Calcium  | 2%        | Iron              | 9%      |
| *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    |
| Fiber  |           | 25g               | 30g     |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                   |         |
| NutritionData.com  |           |                   |         |

**Tuna fish A (canned in oil)**

**Tuna fish B (canned in water)**

1. You want to lose weight. Which tuna fish should you choose?  
*Tuna fish B*
2. Does tuna fish have a lot of fiber? *No*
3. Which tuna fish has more fat? *Tuna fish A*

| <b>Nutrition Facts</b>   |           |                      |                  |
|--|-----------|----------------------|------------------|
| Serving Size 1 cup 244g (244g)   |           |                      |                  |
| Servings Per Container 4   |           |                      |                  |
| Amount Per Serving   |           |                      |                  |
| <b>Calories</b>  | 146       | Calories from Fat 70 |                  |
| % Daily Value*   |           |                      |                  |
| <b>Total Fat</b>   | 8g        | 12%                  |                  |
| Saturated Fat  | 5g        | 23%                  |                  |
| Trans Fat  |           |                      |                  |
| <b>Cholesterol</b>   | 24mg      | 8%                   |                  |
| <b>Sodium</b>  | 98mg      | 4%                   |                  |
| <b>Total Carbohydrate</b>  | 11g       | 4%                   |                  |
| Dietary Fiber  | 0g        | 0%                   |                  |
| Sugars   | 13g       |                      |                  |
| <b>Protein</b>   | 8g        |                      |                  |
| Vitamin A  | 5%        | • Vitamin C          | 0%               |
| Calcium  | 28%       | • Iron               | 0%               |
| *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             |
| Fiber  |           | 25g                  | 30g              |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                      |                  |
| NutritionData.com  |           |                      |                  |

| <b>Nutrition Facts</b>   |           |                     |                  |
|--|-----------|---------------------|------------------|
| Serving Size 1 cup 245g (245g)   |           |                     |                  |
| Servings Per Container 4   |           |                     |                  |
| Amount Per Serving   |           |                     |                  |
| <b>Calories</b>  | 86        | Calories from Fat 4 |                  |
| % Daily Value*   |           |                     |                  |
| <b>Total Fat</b>   | 0g        | 1%                  |                  |
| Saturated Fat  | 0g        | 1%                  |                  |
| Trans Fat  |           |                     |                  |
| <b>Cholesterol</b>   | 5mg       | 2%                  |                  |
| <b>Sodium</b>  | 127mg     | 5%                  |                  |
| <b>Total Carbohydrate</b>  | 12g       | 4%                  |                  |
| Dietary Fiber  | 0g        | 0%                  |                  |
| Sugars   | 12g       |                     |                  |
| <b>Protein</b>   | 8g        |                     |                  |
| Vitamin A  | 0%        | • Vitamin C         | 4%               |
| Calcium  | 30%       | • Iron              | 1%               |
| *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             |
| Fiber  |           | 25g                 | 30g              |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |           |                     |                  |
| NutritionData.com  |           |                     |                  |

**Whole Milk**

**Nonfat Milk (skim milk)**

1. You want to lose weight. Which milk should you drink? *Nonfat Milk*
2. Non-fat milk and whole milk have the same amount of fiber, protein.
3. Which milk has more cholesterol? *Whole milk*

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 1 patty yield from 1/4 lb raw meat  |                           |
| Servings Per Container 4   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 178  | Calories from Fat 87      |
| % Daily Value*   |                           |
| <b>Total Fat</b> 10g   | 15%                       |
| Saturated Fat 4g   | 19%                       |
| Trans Fat 1g   |                           |
| <b>Cholesterol</b> 70mg  | 23%                       |
| <b>Sodium</b> 56mg   | 2%                        |
| <b>Total Carbohydrate</b> 0g   | 0%                        |
| Dietary Fiber 0g   | 0%                        |
| Sugars 0g  |                           |
| <b>Protein</b> 21g   |                           |
| Vitamin A 0%   | • Vitamin C 0%            |
| Calcium 1%   | • Iron 12%                |
| *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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

**Ground beef hamburger, 90% lean, broiled**

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 1 order 171g (171g)   |                           |
| Servings Per Container 1   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 420  | Calories from Fat 190     |
| % Daily Value*   |                           |
| <b>Total Fat</b> 21g   | 32%                       |
| Saturated Fat 8g   | 40%                       |
| Trans Fat  |                           |
| <b>Cholesterol</b> 70mg  | 23%                       |
| <b>Sodium</b> 780mg  | 32%                       |
| <b>Total Carbohydrate</b> 36g  | 12%                       |
| Dietary Fiber 2g   | 8%                        |
| Sugars 8g  |                           |
| <b>Protein</b> 23g   |                           |
| Vitamin A 0%   | • Vitamin C 4%            |
| Calcium 20%  | • Iron 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                 |
| Fiber  | 25g 30g                   |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                           |
| NutritionData.com  |                           |

**McDonald's Quarter Pounder, no cheese**

Which hamburger is healthier for you? Why? (Write 3 things)

*Lean ground beef is healthier. It has less fat, less sodium and fewer calories.*

Name \_\_\_\_\_

Date \_\_\_\_\_

Look at the chart. How much **vegetables** should you eat every day? \_\_\_\_\_

**Vegetables**

|       |                 |         |
|-------|-----------------|---------|
| Women |                 |         |
|       | 19–30 years old | 2½ cups |
|       | 31–50 years old | 2½ cups |
|       | 51+ years old   | 2 cups  |
| Men   |                 |         |
|       | 19–30 years old | 3 cups  |
|       | 31–50 years old | 3 cups  |
|       | 51+ years old   | 2½ cups |

Look at the chart. How much **whole grains** should you eat every day? \_\_\_\_\_

**Whole grains**

|       |                 |                      |
|-------|-----------------|----------------------|
| Women |                 |                      |
|       | 19–30 years old | 3 ounce equivalents  |
|       | 31–50 years old | 3 ounce equivalents  |
|       | 51+ years old   | 3 ounce equivalents  |
| Men   |                 |                      |
|       | 19–30 years old | 4 ounce equivalents  |
|       | 31–50 years old | 3½ ounce equivalents |
|       | 51+ years old   | 3 ounce equivalents  |

Look at the chart. How much **fruit** should you eat every day?

\_\_\_\_\_

**Fruit**

|       |                 |         |
|-------|-----------------|---------|
| Women |                 |         |
|       | 19–30 years old | 2 cups  |
|       | 31–50 years old | 1½ cups |
|       | 51+ years old   | 1½ cups |
| Men   |                 |         |
|       | 19–30 years old | 2 cups  |
|       | 31–50 years old | 2 cups  |
|       | 51+ years old   | 2 cups  |

Look at the chart. How much **meat and beans** should you eat every day? \_\_\_\_\_

**Meat and Beans**

|       |                 |                      |
|-------|-----------------|----------------------|
| Women |                 |                      |
|       | 19–30 years old | 5½ ounce equivalents |
|       | 31–50 years old | 5 ounce equivalents  |
|       | 51+ years old   | 5 ounce equivalents  |
| Men   |                 |                      |
|       | 19–30 years old | 6½ ounce equivalents |
|       | 31–50 years old | 6 ounce equivalents  |
|       | 51+ years old   | 5½ ounce equivalents |

Look at the chart. How much **milk or calcium foods** should you eat every day? \_\_\_\_\_

**Milk or Calcium Foods**

|       |                 |        |
|-------|-----------------|--------|
| Women |                 |        |
|       | 19–30 years old | 3 cups |
|       | 31–50 years old | 3 cups |
|       | 51+ years old   | 3 cups |
| Men   |                 |        |
|       | 19–30 years old | 3 cups |
|       | 31–50 years old | 3 cups |
|       | 51+ years old   | 3 cups |

Look at the chart. How much **Fat and Oils** should you eat every day? \_\_\_\_\_

**Fat and Oils**

|       |                 |             |
|-------|-----------------|-------------|
| Women |                 |             |
|       | 19–30 years old | 6 teaspoons |
|       | 31–50 years old | 5 teaspoons |
|       | 51+ years old   | 5 teaspoons |
| Men   |                 |             |
|       | 19–30 years old | 7 teaspoons |
|       | 31–50 years old | 6 teaspoons |
|       | 51+ years old   | 6 teaspoons |

# Calcium

Adults need 1,000 mg of calcium per day.

Milk has a lot of calcium. But some people do not drink milk or eat dairy foods. Here are other calcium foods. Do you eat these foods?

*Circle the foods you eat. Talk about it with your teacher and classmates.*

**I often eat...**

**I sometimes eat...**

| Food  | Calcium (mg) |
|---|--------------|
| Soy beverage, calcium fortified, 1 cup              | 368          |
| Sardines, Atlantic, in oil, drained, 3 oz           | 325          |
| Tofu, firm, prepared with nigari, ½ cup             | 253          |
| Pink salmon, canned, with bone, 3 oz                | 181          |
| Collards, cooked from frozen, ½ cup                 | 178          |
| Spinach, cooked from frozen, ½ cup                  | 146          |
| Soybeans, green, cooked, ½ cup                      | 130          |
| White beans, canned, ½ cup                          | 96           |
| Kale, cooked from frozen, ½ cup                     | 90           |
| Okra, cooked from frozen, ½ cup                     | 88           |
| Beet greens, cooked from fresh, ½ cup               | 82           |
| Bak-choi, Chinese cabbage, cooked from fresh, ½ cup | 79           |
| Dandelion greens, cooked from fresh, ½ cup          | 74           |
| Dried figs, 10 figs                                 | 269          |
| Calcium-fortified orange juice, 8 oz                | 250          |
| Navel orange, 1 medium                              | 56           |
| Broccoli, cooked, 1 cup                             | 72           |
| Seaweed, dried (Agar), 1½ Tbsp                      | 75           |
| Seaweed, dried (Hijiki), 1 Tbsp                     | 80           |

## Carla's Food Diary #2

|   |
|---|
| <b>Monday</b>   |
| <b>Breakfast</b><br>Coffee<br>Donut <i>1 donut = 2 ounces</i>   |
| <b>Lunch</b><br>Hamburger <i>4 ounces</i><br>French Fries <i>1 medium order from<br/>Burger King (3 ounces)</i><br>Diet Coke <i>1 cup</i> |
| <b>Snack</b><br>Apple <i>1 apple</i>  |
| <b>Dinner</b><br>Fried Fish <i>4 ounces</i><br>White Rice <i>1/2 cup</i><br>Broccoli <i>1 cup cooked</i><br>Ice Cream <i>1 cup</i>        |

Carla is 35 years old.

She needs 3 cups of milk or calcium foods every day. Did she have enough calcium on Monday? **NO**

She needs 2.5 cups of vegetables every day. Did she have enough vegetables on Monday? **NO**

She needs 5 ounces of protein foods (meat, fish, beans, nuts) every day. Did she have enough protein on Monday? **YES**

She needs 1.5 cups of fruit every day. Did she have enough fruit on Monday? **ALMOST! ONE APPLE = 1 CUP FRUIT**

She needs 5 teaspoons of fats and oils. Did she have enough fats and oils on Monday? **YES — probably too much!**

Did Carla eat too much of any food? **FATS AND OILS**

Name \_\_\_\_\_ Date \_\_\_\_\_

Sessions 15, 16 and 17  
Healthy Diet

Check **True** or **Not True** for each question.

1. Vegetables have a lot of protein.  
 True  Not True

2. Meat has a lot of calcium.  
 True  Not True

3. Nuts are a healthy food.  
 True  Not True

4. You are 65. You should not exercise.  
 True  Not True

5. Whole grains have a lot of fiber.  
 True  Not True

Name \_\_\_\_\_ Date \_\_\_\_\_

## Sessions 15, 16 and 17 Healthy Diet

Check **True** or **Not True** for each question.

1. Vegetables have a lot of protein.

True

Not True

2. Meat has a lot of calcium.

True

Not True

3. Nuts are a healthy food.

True

Not True

4. You are 65. You should not exercise.

True

Not True

5. Whole grains have a lot of fiber.

True

Not True