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SP473 Food Works - Food Labels

The University of Tennessee Agricultural Extension Service

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The Expanded Food and Nutrition Education Program

Agricultural Extension Service
The University of Tennessee

SP473

FOOD WORKS

Key Messages

1. Food labels can help you make healthy food choices.

2. When you eat healthy foods, you:
   - feel better
   - have more fun
   - play better at sports
   - learn better

3. By reading a label, you can:
   - tell what you are actually buying
   - compare foods to see which is better for you

Prepared by Betty Greer, Ph.D, Associate Professor

Food Labels

Food labels tell you a lot about food. They don't tell you what to eat. That's your decision.

You make a lot of decisions each day. One of the most important decisions you make is what you eat.

Food labels can give you a lot of information about the food. They will tell you how much fat or sugar is in the food.

The label tells you what ingredients are in the food and the "Nutrition Facts" part of the label tells you how nutritious the food is. You can compare nutrition information on similar foods and pick the most nutritious one.

Nutrition Facts
Serving Size 1 package (49g)
Servings Per Container 1

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2g	**9%**
Cholesterol 0mg	**0%**
Sodium 510mg	**21%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 21g	**4%**
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • 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:

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

Scrambled Labels*

Many of the words on the new food labels appear in bold. The bold works on this label have been scrambled. Can you unscramble them?

otruNtiin caFts

Serving Size ½ cup (91g)
Servings Per Container 5

tumAon erP girSevn
soiaClre 58 Calories from fat 0

	% yiDal uaVle
aoTtl aFt 0g	0%
Saturated Fat 0g	0%
oesolhCoetrl 0m	0%
mioSud 45mg	2%
ltToa erdobaCrhyat 12g	4%
Dietary Fiber 3g	12%
Sugar 3g	
itrPoen 3g	

Vitamin A	92%
Calcium	2%
Vitamin C	16%
Iron	5%

To check your answers, look on the back of any canned food product in your pantry at home.

Tip: Use the labels on page 3. *Used by permission. Institute for Cancer Research

Make Your Own Food Label

Cottage Cheese Cinnamon Toast

4 slices whole-grain bread
1 cup low-fat cottage cheese
cinnamon

Toast bread. Spread ¼ cup cottage cheese on toast. Sprinkle lightly with cinnamon. If desired, place cottage cheese toast under broiler until cheese is warm.

Use a food label as an example and make a label for your product.

A

Nutrition Facts

Serving Size 2/3 cup (34g)

Amount Per Serving

Calories 110 Calories from Fat 18

	% Daily Value
Total Fat 2g	3%
Sodium 450mg	19%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	3%
Sugars less than 1g	
Vitamin A	0%
Calcium	0%
Vitamin C	0%
Iron	2%

B

Nutrition Facts

Serving Size 1 cup (55g)

Amount Per Serving

Calories 190 Calories from fat 10

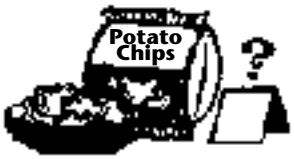
	% Daily Value
Total Fat 1g	2%
Sodium 0mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber less than 6g	24%
Sugars 12g	
Vitamin A	0%
Calcium	0%
Vitamin C	0%
Iron	90%

Lost Labels

The food products below have lost their labels. Can you match the food with the correct label? Place the label's letter next to the product it belongs to.

Bonus Question: Which products are the healthiest snack choices?

What is your favorite ready-to-eat cereal? Read the label.
Do you think it is a healthy choice?
Why?
Why not?



C

Nutrition Facts

Serving Size 15 chips (28g)

Amount Per Serving

Calories 150 Calories from Fat 90

	% Daily Value
Total Fat 10g	15%
Sodium 200mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 0g	
Vitamin A	0%
Calcium	0%
Vitamin C	10%
Iron	2%

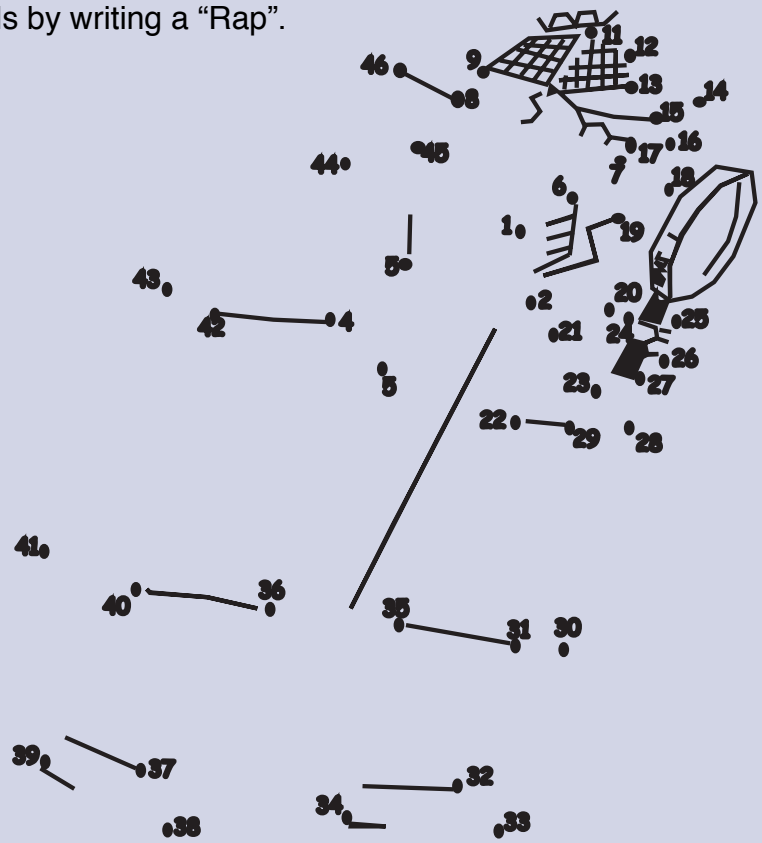
_____

_____

_____

Food Label Detective

Connect the dots to draw this Food Label Detective.
This Food Label Detective is looking for a good label rap. Summarize what you learned about food labels by writing a “Rap”.



Answers to Lost Label Test

Potato Chips	C
Pretzels	A
Mini Frosted Shredded Wheat	B

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