

Food Labeling

The background features a complex, abstract design with overlapping, semi-transparent shapes in various shades of blue, green, and purple. A faint grid pattern is visible across the entire image, adding a technical or digital feel to the composition.



PRE-/POST-TEST

Nutrition Labeling Test

Fill in the Blank

Read the hot dog ("frank") label and answer the following questions.

- How many hot dogs equal one serving? _____
- How many calories are in two hot dogs? _____
- One serving of hot dogs provides what percent of recommended fat intake for a person eating a 2,000 calorie diet? _____
- List the ingredient in the hot dog which is present in the largest amount by weight. _____
- What foods would complement the nutrient value of the hot dog? _____

Multiple Choice

Circle the correct answer to the following questions about the new nutrition label.

- Dietary recommendations for total fat, saturated fat, dietary fiber and protein are:
 - based on the number of calories a person eats
 - the same for all diets
 - only important to those people who have health problems
- Adding the _____ of an individual nutrient for foods eaten in one day is a quick way to see if a person's daily diet is meeting nutrition recommendations for that nutrient.
 - grams
 - milligrams
 - % Daily Values
- The serving sizes of similar food products are based on:
 - the amount customarily consumed
 - food manufacturer recommendations
 - the size of the package
- Health claims are:
 - allowed on all foods
 - based on scientific research
 - often untrue
- Fat content claims can:
 - help a person choose foods with less fat
 - only be listed on a package if a food meets strict government definitions
 - both a and b

Nutrition Facts

Serving Size: One Frank (45 g)
Servings Per Container: 10

Amount Per Serving	% Daily Value*
Calories 45	Calories from Fat 15
Total Fat 1.5g	5%
Saturated Fat 1g	5%
Cholesterol 15mg	18%
Sodium 430mg	1%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 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: 2000	2500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BEEF AND PORK, WATER, HYDROLYZED VEGETABLE PROTEIN, BEEF BROTH, POTASSIUM LACTATE, SALT, CORN SYRUP, DEXTROSE, HYDROLYZED MILK PROTEIN, FLAVORING, SMOKE FLAVORING, ASCORBIC ACID (VITAMIN C), OLEORESIN OF PAPRIKA, SODIUM NITRITE.

- Which foods can be a part of a healthful diet?
 - only those foods that have nutrient content and health claims on the package
 - only those foods that have less than 30 percent of their calories from fat
 - all foods
- Food additives:
 - often occur naturally in common foods
 - must pass safety tests
 - both a and b

Questions to ask:

- 1. How many of you use food labels to decide what food to buy?**
- 2. What information do you look at? Why?**
- 3. Has anybody ever feel frustrated or turned off by food labels?**
- 4. You're shopping for lunch---and you're bombarded with choices.**
 - a. Which package of hot dogs has the least amount of fat?**
 - b. What's the difference between skim and whole milk?**
 - c. Which fruit has more vitamin C—canned applesauce or peaches?**
 - d. You'll find answers on the food label.**

Why Labeling?

- **New food labels tell a lot about food. They don't suggest what foods to eat—that's your decision. But labels can help you make your "personal best" food choices—choices that benefit you now and in the future, too.**

Questions

- **What makes a healthful diet for teenagers?**
- **Review the Dietary Guidelines for Americans.**

The good news is: Nutrition labeling can help you make food choices that meet these Dietary Guidelines and promote a lifetime of good health.

With today's labels, you can:

Compare one food with another.

Choose foods that help provide the balance of nutrients your body needs.

Plan meals and your whole diet so they are moderate, varied and balanced.

Effective May 1994, a new label format was required on food packages as a result of the Nutritional Labeling and Education Act (1990).

The label features the following:

- **New Title**
- **Uniform Listing of Nutrients Reflect Priority of Current Nutrition Recommendations**
- **Consistent Serving Sizes in Household Measures**
- **New Reference Value to Show How A Food Fits into a 2,000 Calorie Diet**
- **Footnote Information for Calculating Personal Nutrients Needs**
- **More Informative Ingredient List**
- **Health Claims and Nutrient Content Claims Must Meet Strict Definitions**

Required on all labels:

- **Identifying statement or name (common name of product)**
- **Net weight or net contents**
- **Artificial coloring, flavoring and preservations**
- **Name and address of manufacturer, packer, or distributor**
- **The style, type description of the product**
- **Special information that affects people with health problems.**
- **A list of ingredients in order of weight in the package. The ingredients of the largest amount is listed first.**
- **Nutritional labeling must be done if the food has nutrients added or if it claims to be highly nutritious.**

Notes to know:

- **The largest amount of ingredient must be listed first on down to the smallest amount**
- **Percent of daily value - label based on 2000 calories a day, indicates the percent of nutrients the product contains in one serving**
- **Total sodium intake per day - not more than 2,400 milligrams per day**
- **Nutritional facts required - must include facts if any nutritional information or claims are made i.e. provides essential vitamins and minerals.**

Label must conform to the following:

- **Servings or portions size and servings or portions per container**
- **Calories from fat per serving**
- **Percent of daily value of fat, cholesterol, sodium, total carbohydrate (including dietary fibers and sugars and protein)**
- **Percent of vitamin A, C, calcium and iron**
- **a notation that the daily values are reference numbers based on a daily diet of 2000 and 2500 calories**
- **some labels may tell the approximate number of calories in a gram of fat, carbohydrates, and protein**

Interesting information:

- **Some labels may tell the approximate number of calories in a gram of carbohydrates, protein and fat**
- **Purpose of UPC (universal product code) on label - accurate inventory, speed the check-out process, save time updating prices**
- **Asterisk ***
 - 1. read the small print for any information with an asterisk**
 - 2. such information may give exception to what is stated in larger print**

Label definitions/terms

Have student read the definition:

- **low in –**
- **reduced, less, or fewer –**
- **good source of –**
- **organic and natural –**
- **high source of fiber –**
- **juice -**

Dates on labels:

- **sell date –**
- **use by date –**
- **open dating -**

- **Video - Label-Ease, Dairy Council, 12 minutes**
- **Handouts A & B**

Questions to Ask?

- 1. What's the problem with focusing on only one or two nutrients on a label?**
- 2. Why is it important to look at nutrients like calcium, protein, and vitamin A...not just the fat and cholesterol on a food label?**
- 3. Why don't we just avoid all foods that have any nutrition minuses?**

- **Review: Crossword Puzzle**