Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number: \_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Handout: How to Read a Food Label

Bring in two food labels from home. By label I mean the nutrition information. It is often found on the side of the container. Bring in the ENTIRE label. Also, either write the name of the food on the label, or bring in the advertising label – usually, this takes up the entire front of the container! You may take the labels from canned goods, boxed goods, plastic wrapped goods, etc. Think of things such as soup (cans), salsa, canned vegetables, macaroni and cheese, cereal, pop tarts, yogurt, *or whatever* ***healthy*** *or* ***unhealthy*** *items you can find around the house*. Please, do ***NOT*** bring in soggy, nasty labels…

1. Read the article I give you to help answer the questions below. In order to complete each question, you will need to find information in the article, and on your label(s)!
2. On your label:
3. What is a serving size? Be sure to list the proper unit (cup, grams, whatever!) along with the given number. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (number) \_\_\_\_\_\_\_\_\_\_ (unit)
4. How many servings are in your “container? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. a. Where on your label do you find written the nutrients you should limit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Where on your label do you find written the nutrients good for you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. a. How many calories per serving are found on the label? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories

b. Classify your food as being a low, moderate, or high calorie food. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. a. Generally, what % (percentage) of your calories comes from fat? \_\_\_\_\_\_\_\_\_\_\_\_\_ %

b. From what type of organism should most of your fat calories come? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. What are the two types of “unsaturated” fats are your “best” choices?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What % of your food’s fats come from saturated fats? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ %
2. Sodium (Na), usually found in “salt” (NaCl), in excess has been associated with some health conditions including hypertension (high blood pressure). High blood pressure can result in stroke (bleeding in the brain). A stroke can result in paralysis and death. However, your body does need some salt. Low-sodium foods contain less than 140 mg of Sodium per serving. How many mg of sodium per serving is in your food? \_\_\_\_\_\_\_\_\_\_\_\_ mg
3. List the number of g (grams) of sugar (a simple carbohydrate) found per serving in your food. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ g. Your body does need sugar, but an excess is not good for you. Type II diabetes (the old term for diabetes is “sugar in the blood”) is associated with excess sugar consumption and excess weight.
4. How many (g) grams of fiber should you eat daily? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ g. Fiber helps you poop (actually, you need water too). Fiber and water help you poop. If you don’t poop, then you are constipated. If you are constipated, then you are very uncomfortable.
5. List the vitamins and minerals found in your food, and the percentages of each listed. Vitamins are necessary chemicals to help your body function properly. The same is true of minerals. For the minerals you list, use your periodic table to give the correct symbols for the “mineral”.

Vitamins Minerals

|  |  |
| --- | --- |
|  |  |

1. a. List the eight allergens (things that cause allergic reactions). A severe allergic reaction can result in anaphylactic shock – a closing of your throat preventing you from breathing.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. List any and all allergens found in your food.

1. Tell me how you might use the information you learned from this activity. I hope you share your new found knowledge with your family.