



"I AM MINDFUL"

Reading Nutrition Labels

Being mindful of what you are eating is important for maintaining your health and fitness. By eating the right foods, we feed our body and mind with the best nutrients.

One way we can be sure that we are eating the right foods is to make sure that we understand how to read a nutrition label- which are on just about every type of food that we buy.

HEALTHY HABIT OF THE DAY:

Challenge your kids to read and explain a nutrition label with you today!



Healthy LifeStars

Just like books have a table of contents and board games list the items included in the box, or Legos list the number of pieces, most packaged foods also list the ingredients on the outside of the can, bag, or box.

There are two important **labels** to learn about:

- The **list of ingredients**- foods with a short list of ingredients are better than those with long lists
- The **nutritional facts**- it is important to discover how much sugar, salt, fat, and other nutrients are in our food.

Did you know?

- Healthier food options are those where the food on your plate is closer to its original form such as fruits and vegetables.
- Some food we buy at the store are processed, which means that it went through manufacturing and packaging before it was sold.
- Processed foods are often changed so much from their original form that they end up with added salt, sugar, fat, and artificial ingredients added.

QUESTIONS TO ASK YOUR CHILD

Q: What information is found on food labels?

A: Ingredients and nutritional facts, such as the grams of sugar, fat, and protein, as well as any vitamins and minerals found in the food.

Q: What is added sugar?

A: It is sugar that is not naturally occurring that is added to many types of food.

Q: What does protein do for our bodies?

A: It helps our muscles grow strong and gives us energy to learn and play

Decoding Nutrition Labels

Serving Sizes: Everything listed on the label is for 1 serving size. If you eat multiple servings, multiply the nutrition information by the number of servings you ate. Pay close attention to serving size- many are smaller than we think!

Serving Size: 1 oz. (18 chips)
Servings per container: 6

Calories: 150

Calories: How much energy you receive from one serving. Aim for food that is high in nutrients and low in calories.

Total fat 10g
 Saturated Fat 2.5g
 Trans fat 0g
Cholesterol 0mg
Sodium 120mg
Total Carbohydrate 15g
Proteins 2g

10%
14%
0%
0%
5%
5%
4%

Nutrients: This is where the amount of fat, cholesterol, sodium, carbohydrates sugars, protein, fiber, and vitamins and minerals are listed. Select foods that are high in protein, fiber, and vitamins and minerals. Eat less of, or avoid foods that are high in saturated or trans fats, cholesterol, sugar, and sodium.

Vitamin A * Calcium *
Vitamin C 10% Iron 2%

The %Daily Value is based on a 2,000 calorie a day diet and shows how much a food contributes to your total daily diet. %DV adds up to 100% of your recommended daily intake of each nutrient category.

Total Fat	Less than	65g	80g
Saturated 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: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, CORN, COTTONSEED OR PARTIALLY HYDROGENATED [CANOLA SOYBEAN OR SUNFLOWER] OIL), AND SALT

NO PRESERVATIVES

The FOOTNOTE here provides a breakdown of how many grams of each nutrient you should eat for both a 2,000 calorie a day diet (recommended for most adult women) and a 2,500 calorie a day diet (recommended for most adult men)



Pay careful attention to **SERVING SIZE!**



The first thing you want to look at is the serving size. This is what the rest of the values on the label are based on. Companies will often lower a serving size to give the food you're buying the illusion of being healthier than it is. Take our above for example, a bag of potato chips. They list a serving size as 1 oz or approximately 18 chips. When was the last time you ate just 18 chips? What you might not realize is there are almost six 1-ounce servings of chips in the bag.

New and Improved Nutrition Facts Label

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed choices that support a healthy diet.

Current Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 12g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

New Label

Nutrition Facts			
1 8 servings per container			
Serving size		2/3 cup (55g)	
2 Amount per serving			
Calories		230	
		% Daily Value*	
3 Total Fat 8g 10%			
Saturated Fat 1g 5%			
Trans Fat 0g			
Cholesterol 0mg 0%			
Sodium 160mg 7%			
Total Carbohydrate 37g 13%			
Dietary Fiber 4g 14%			
Total Sugars 12g			
4 Includes 10g Added Sugars 20%			
Protein 3g			
5 Vitamin D 2mcg 10%			
Calcium 200mg 15%			
Iron 8mg 45%			
Potassium 235mg 6%			
6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

The highlighted boxes indicate the new adjustments made to the label. Starting in January 2020, all manufacturers will be required to comply with new nutrition label regulations, which will help make reading nutrition labels much easier!

Let's get Fooducated!

Use the nutrition label below to answer some questions with your kids about Oreos, a popular snack food!

Nutrition Facts:

Serving Size 3 cookies (34g)	
Serving Per Container 15	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	2%
Calcium 2%	Iron 10%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- 1.) How many cookies are in a serving?
- 2.) How many servings are in a package?
- 3.) How many total cookies are in a package?
- 4.) How many grams of fat in one serving?
- 5.) How many grams of sugar are in one serving?
- 6.) How many calories are in one serving? Is that a lot or a little?
- 7.) Are there many vitamins and minerals in Oreos? How do you know?

8.) When you snack on cookies, how many do you usually eat? One serving? More than one serving?

9.) What food choices might be better than Oreos? Which are your favorite healthy snacks?