Understanding Labels and Ingredients // WEEK 4

Time	Topics	Workbook Reference
10 min.	**Taste Test** SMART Goal Check-in, record on Goal Tracker	p. 11
20 min.	**Food Labels—Nutrition Facts** » Students locate and identify different parts of a nutrition label. » Students develop criteria for determining whether a particular packaged food is a healthy choice for their family.	p. 56-57
10 min.	**Food Label Scavenger Hunt** » Students learn how to read a food label and pick the product that is healthier.	p. 60
5 min.	**Don't Call Me Sugar!** » Students identify foods high in added sugar by recognizing the names of different types of sugar.	p. 51
15 min.	**Food Labels—Ingredient Lists** **Decoding Food Labels** » Students define other words and labels on food packages such as "natural," "organic," and "free-range."	p. 58-59 p. 12-13
30 min.	**Recipe Demonstration or Activity (see EatFresh.org for ideas)** **Closing Question:** *What do you look for on the packages when you are shopping?*	

Notes:

Taste Test

Materials

» simple whole foods, cut or portioned into bite sizes; link to workshop recipe or theme if possible. Cut seasonal fruits or vegetables, unsalted nuts or seeds, plain tofu or yogurt are all good options.

Desired Outcomes

» Students explore whole foods with their senses.

The aim of the taste test is multifold: to expose workshop participants to foods they may not have tried before, to raise awareness of the benefits and pleasure of eating seasonal fruits and vegetables, and to raise curiosity and interest in the abundant diversity of food. To this end, the taste test is meant to be an interactive and fun start to the class.

You may find it helpful to coordinate the taste tests with the recipe for each week; for example, if you are making hummus & veggie wraps for a class at the end of summer, you might provide a taste test of different kinds of tomatoes—different colors, heirloom varieties, etc.—and you can then use those same kinds of tomatoes for the recipe, bringing the class full circle.

Directions

1. At the beginning of class, provide bite-sized sample portions of your taste test item.
2. Ask participants eat slowly and not comment on the food immediately, but rather observe it using their senses:

   Sight: What color is the food? Does it look appealing? Can you tell what it is?

   Smell: What does it smell like?

   Touch: What is the temperature like? Is the food soft or hard? Wet or dry?

   Sound: Does it make a sound when you eat it?

   Taste: Does it remind you of any other foods? How would you describe the taste? Does the taste change as it's in your mouth?
3. Once everyone has had a chance to try the item, invite students to share their observations.

Additional Information:

» **Spring:** greens: spinach, chard, dandelion, different varieties of lettuce, asparagus

» **Summer:** berries: strawberries, raspberries, blackberries, blueberries, gooseberries, tomatoes, corn, cherries

» **Fall:** pumpkin, squashes, apples, pears, grapes

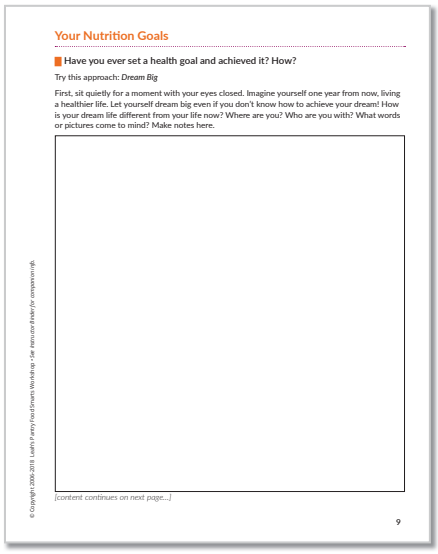
» **Winter:** citrus fruits: clementines, mandarins, satsumas, persimmons: fuyu and ripe hachiya, pomegranates, berries: strawberries, raspberries, blackberries, blueberries, gooseberries, tomatoes, corn, cherries

» **Year-round:** milks: skim, low-fat, whole, soy, rice, and almond beverages, nuts: raw almonds, cashews

EatFresh.org Recipe & Taste Test Combination Suggestions

Berries, Fruits	Fruit and Yogurt Parfaits
Tomatoes	Hummus & Veggie Wraps
Vegetables	Pita Pizzas
Tomatoes	Tabbouleh
Persimmons	Spinach & Persimmon Salad
Apples	Curried Waldorf Salad; Spicy Sweet Potato & Apple Soup
Avocados	Avocado & Orange Soup
Beans, Vegetables	Black Bean Soup
Tomatoes, Mangoes	Salsa Two Ways
Fruits, Grains	Oat Bran Banana Muffins
Berries, Tofu, Soy Milks	Tofu Berry Smoothie

Your Nutrition Goals & Goal Tracker


Your Nutrition Goals

Have you ever set a health goal and achieved it? How?

Try this approach: *Dream Big*

First, sit quietly for a moment with your eyes closed. Imagine yourself one year from now, living a healthier life. Let yourself dream big even if you don't know how to achieve your dream! How is your dream life different from your life now? Where are you? Who are you with? What words or pictures come to mind? Make notes here.

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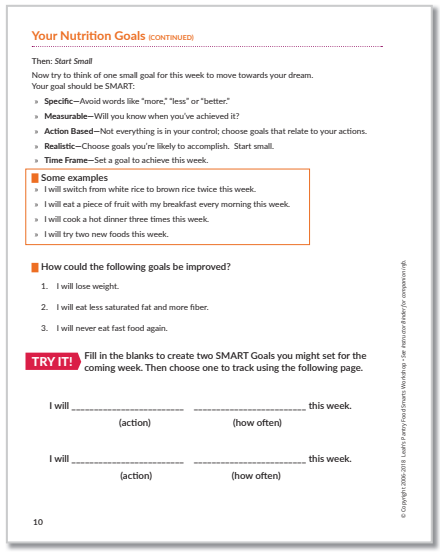

Your Nutrition Goals (CONTINUED)

Then: *Start Small*

Now try to think of one small goal for this week to move towards your dream.
Your goal should be SMART:

- **Specific**—Avoid words like "more," "less" or "better."
- **Measurable**—Will you know when you've achieved it?
- **Action Based**—Not everything is in your control; choose goals that relate to your actions.
- **Realistic**—Choose goals you're likely to accomplish. Start small.
- **Time Frame**—Set a goal to achieve this week.

Some examples

- I will switch from white rice to brown rice twice this week.
- I will eat a piece of fruit with my breakfast every morning this week.
- I will cook a hot dinner three times this week.
- I will try two new foods this week.

How could the following goals be improved?

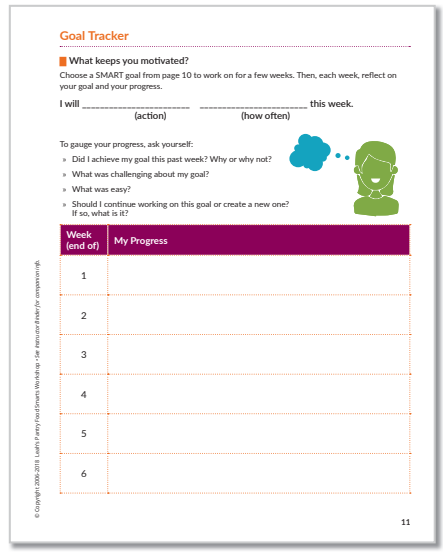
1. I will lose weight.
2. I will eat less saturated fat and more fiber.
3. I will never eat fast food again.

TRY IT! Fill in the blanks to create two SMART Goals you might set for the coming week. Then choose one to track using the following page.

I will _____ _____ this week.
(action) (how often)

I will _____ _____ this week.
(action) (how often)

10


Goal Tracker

What keeps you motivated?

Choose a SMART goal from page 10 to work on for a few weeks. Then, each week, reflect on your goal and your progress.

I will _____ _____ this week.
(action) (how often)

To gauge your progress, ask yourself:

- Did I achieve my goal this past week? Why or why not?
- What was challenging about my goal?
- What was easy?
- Should I continue working on this goal or create a new one? If so, what is it?

Week (end of)	My Progress
1	
2	
3	
4	
5	
6	

11

Materials

» workbook pages 9-11

Desired Outcomes

» Students create three SMART goals.

» Students identify SMART goals, and improve vague goals.

Directions

Have students follow directions to imagine their healthy futures. They can make notes in the workbook. Then:

» Explain "SMART" goals and work with the class to find some examples.

» Help each individual create at least one SMART goal they will try to achieve during the course of the workshop. See the back of the goal tracker for examples.

» Record each student's goal on the goal tracking worksheet and follow up each week.

Your Nutrition Goals

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Try this approach: *Dream Big*

First, sit quietly for a moment with your eyes closed. Imagine yourself one year from now, living a healthier life. Let yourself dream big even if you don't know how to achieve your dream! How is your dream life different from your life now? Where are you? Who are you with? What words or pictures come to mind? Make notes here.

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Your Nutrition Goals (CONTINUED)

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Some examples

- I will switch from white rice to brown rice twice this week.
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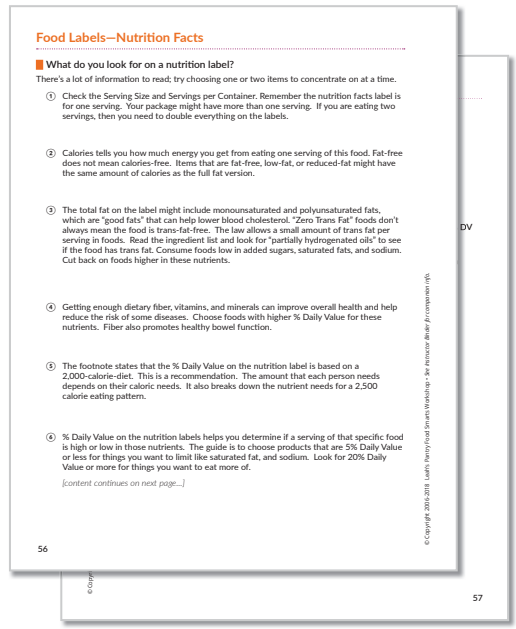
- What was challenging about my goal?
- What was easy?
- Should I continue working on this goal or create a new one? If so, what is it?

Week (end of)	My Progress
1	
2	
3	
4	
5	
6	

Food Labels—Nutrition Facts

Materials

- several examples of nutrition labels on food packaging (Actual food packaging is better than a print out of a nutrition label.)
- a set of measuring cups: 1 c, ½ c, ⅓ c, ¼ c
- workbook pages 56-57


Food Labels—Nutrition Facts

What do you look for on a nutrition label?

There's a lot of information to read; try choosing one or two items to concentrate on at a time.

① Check the Serving Size and Servings per Container. Remember the nutrition facts label is for one serving. Your package might have more than one serving. If you are eating two servings, then you need to double everything on the labels.

② Calories tells you how much energy you get from eating one serving of this food. Fat-free does not mean calories-free. Items that are fat-free, low-fat, or reduced-fat might have the same amount of calories as the full fat version.

③ The total fat on the label might include monounsaturated and polyunsaturated fats, which are "good fats" that can help lower blood cholesterol. "Zero Trans Fat" foods don't always mean the food is trans-fat-free. The law allows a small amount of trans fat per serving in foods. Read the ingredient list and look for "partially hydrogenated oils" to see if the food has trans fat. Consume foods low in added sugars, saturated fats, and sodium. Cut back on foods higher in these nutrients.

④ Getting enough dietary fiber, vitamins, and minerals can improve overall health and help reduce the risk of some diseases. Choose foods with higher % Daily Value for these nutrients. Fiber also promotes healthy bowel function.

⑤ The footnote states that the % Daily Value on the nutrition label is based on a 2,000-calorie-diet. This is a recommendation. The amount that each person needs depends on their caloric needs. It also breaks down the nutrient needs for a 2,500 calorie eating pattern.

⑥ % Daily Value on the nutrition labels helps you determine if a serving of that specific food is high or low in those nutrients. The guide is to choose products that are 5% Daily Value or less for things you want to limit like saturated fat, and sodium. Look for 20% Daily Value or more for things you want to eat more of.

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DV

57

Outcomes

- Students will be able to identify where serving size, calories, sodium, ingredient list, and saturated fat, are located on the nutrition label.
- Students will be able to identify what each category means.

Directions

Learning how to read the nutrition facts label is essential to being a smart and healthy shopper. It presents a lot of information and every food is required to display the same format so you can compare easily.

Serving Size

- Ask students to find the "serving size" on the nutrition label.
- Explain the definition of serving size; the nutritional information on the label is all based on this measurement of the food product called serving size.
- Example: ¼ cup is the serving size of this product. All the other information (the amount of sugars, fat, calories, etc.) corresponds to this amount of food.
- Ask: Does this seem like a reasonable serving size? If you were to eat this food, how many serving sizes would you eat at one time?

Calories

- Ask students to find "calories" on the nutrition label.
- Calories are a measurement of energy that can be used when eating a food product. Eating too many calories per day is linked to both overweight/obesity and chronic diseases, such as type 2 diabetes and heart disease.
- We need approximately 2,000 calories per day, but the total depends on various factors such as age and gender.

Food Labels—Nutrition Facts (CONTINUED)

Sodium

- Ask students to find "sodium" on the nutrition label.
- Limit sodium intake to <2,300 mg/day (no hypertension), <1500 mg/day (with hypertension).
- Eating too much sodium may increase risk for chronic disease.
- Ask: What are some foods you eat that are high in sodium? Do you routinely salt your food?

Ingredient list

- Ask students to find the "ingredient list" on the food product.
- The first ingredient listed is the most abundant.
- Example: Tell students that if sugar is the first ingredient, then the product is probably not healthy. Tell students we should look for "whole wheat" or another whole grain to be first on the list to ensure the product is made without refined flours. "Wheat flour" does not mean "whole wheat."
- Ideally, choose foods with short ingredient lists where you recognize the words.

Saturated Fats & Trans Fats

- Ask students to identify "saturated fat" on the nutrition label.
- Aim for foods that are close to 5% or less.
- Eating too much saturated fat may increase risk for chronic disease.
- Many times the nutrition label will show "0g" for Trans Fat, but you will notice "partially hydrogenated corn oil" (or similar) in the ingredient list. This means that for a single serving size, there is less than 1g. It does not mean there are no trans fats in the product.

Food Labels—Nutrition Facts

What do you look for on a nutrition label?

There's a lot of information to read; try choosing one or two items to concentrate on at a time.

1. Check the Serving Size and Servings per Container. Remember the nutrition facts label is for one serving. Your package might have more than one serving. If you are eating two servings, then you need to double everything on the labels.

2. Calories tells you how much energy you get from eating one serving of this food. Fat-free does not mean calories-free. Items that are fat-free, low-fat, or reduced-fat might have the same amount of calories as the full fat version.

3. The total fat on the label might include monounsaturated and polyunsaturated fats, which are "good fats" that can help lower blood cholesterol. "Zero Trans Fat" foods don't always mean the food is trans-fat-free. The law allows a small amount of trans fat per serving in foods. Read the ingredient list and look for "partially hydrogenated oils" to see if the food has trans fat. Consume foods low in added sugars, saturated fats, and sodium. Cut back on foods higher in these nutrients.

4. Getting enough dietary fiber, vitamins, and minerals can improve overall health and help reduce the risk of some diseases. Choose foods with higher % Daily Value for these nutrients. Fiber also promotes healthy bowel function.

5. The footnote states that the % Daily Value on the nutrition label is based on a 2,000-calorie-diet. This is a recommendation. The amount that each person needs depends on their caloric needs. It also breaks down the nutrient needs for a 2,500 calorie eating pattern.

6. % Daily Value on the nutrition labels helps you determine if a serving of that specific food is high or low in those nutrients. The guide is to choose products that are 5% Daily Value or less for things you want to limit like saturated fat, and sodium. Look for 20% Daily Value or more for things you want to eat more of.

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Food Labels—Nutrition Facts (CONTINUED)

① Start here

② Check calories

③ Limit these nutrients

④ Get enough of these nutrients

⑤ Footnote

Nutrition Facts	
2 servings per container Serving Size 1 cup	
Amount Per Serving	
Calories 250	
	% Daily Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber	0%
Sugars 5g	
Protein 5g	
Vitamin D	4%
Calcium	2%
Iron	20%
Potassium	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

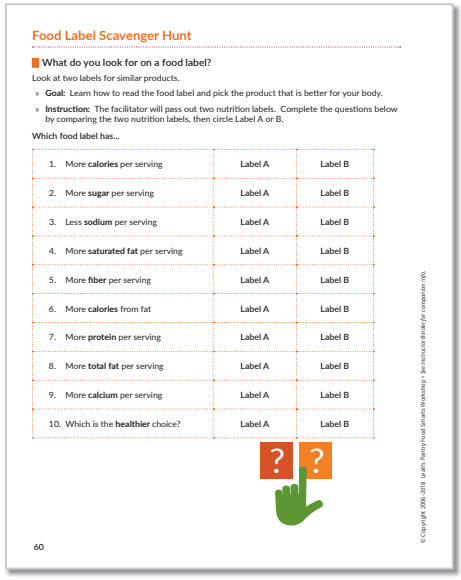
⑥ Quick guide to % DV

5% or less is Low

20% or more is High

(Adapted from pre-2015 USDA labels style)

Food Label Scavenger Hunt and Nutrition Labels Comparison


Food Label Scavenger Hunt

What do you look for on a food label?

Look at two labels for similar products.

» **Goal:** Learn how to read the food label and pick the product that is better for your body.

» **Instruction:** The facilitator will pass out two nutrition labels. Complete the questions below by comparing the two nutrition labels, then circle Label A or B.

Which food label has...

1. More **calories** per serving	Label A	Label B
2. More **sugar** per serving	Label A	Label B
3. Less **sodium** per serving	Label A	Label B
4. More **saturated fat** per serving	Label A	Label B
5. More **fiber** per serving	Label A	Label B
6. More **calories** from fat	Label A	Label B
7. More **protein** per serving	Label A	Label B
8. More **total fat** per serving	Label A	Label B
9. More **calcium** per serving	Label A	Label B
10. Which is the **healthier** choice?	Label A	Label B

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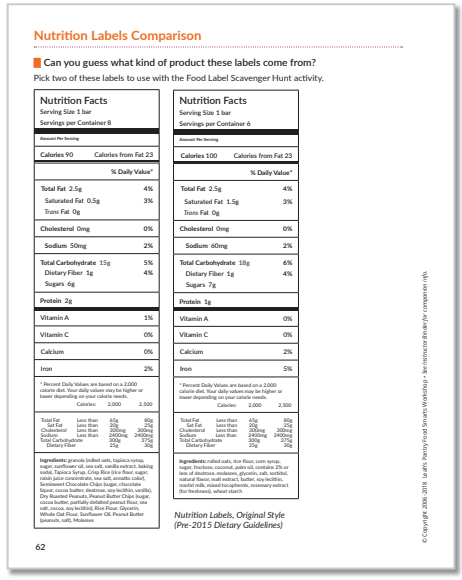
Nutrition Labels Comparison

Can you guess what kind of product these labels come from?

Pick two of these labels to use with the Food Label Scavenger Hunt activity.

Nutrition Facts
Serving Size 1 bar
Servings per Container 8

Amount Per Serving	
Calories 90	Calories from Fat 23
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A	1%
Vitamin C	0%
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:	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

Ingredients: granola (rolled oats, tapioca syrup, sugar, sunflower oil, sea salt, vanilla extract, baking soda), Tapioca Syrup, Crisp Rice (rice flour, sugar, raisin juice concentrate, sea salt, annatto color), Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), cocoa butter, dextrose, soy lecithin, vanilla), Dry Roasted Peanuts, Peanut Butter Chips (sugar, cocoa butter, partially defatted peanut flour, sea salt, cocoa, soy lecithin), Rice Flour, Glycerin, Whole Oat Flour, Sunflower Oil, Peanut Butter (peanuts, salt), Molasses

Nutrition Facts
Serving Size 1 bar
Servings per Container 6

Amount Per Serving	
Calories 100	Calories from Fat 23
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: rolled oats, rice flour, corn syrup, sugar, fructose, coconut, palm oil, contains 2% or less of dextrose, molasses, glycerin, salt, sorbitol, natural flavor, malt extract, butter, soy lecithin, nonfat milk, mixed tocopherols, rosemary extract (for freshness), wheat starch

Nutrition Labels, Original Style (Pre-2015 Dietary Guidelines)

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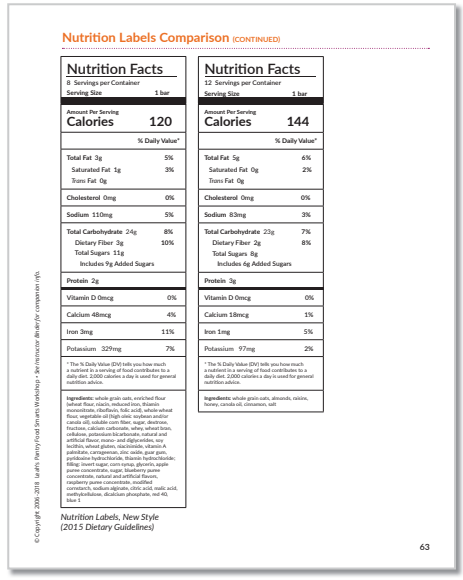
Nutrition Labels Comparison (CONTINUED)

Nutrition Facts
8 Servings per Container
Serving Size 1 bar

Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	10%
Total Sugars 11g	
Includes 9g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 48mcg	4%
Iron 3mg	11%
Potassium 329mg	7%

* 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.

Ingredients: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, vegetable oil (high oleic soybean and/or canola oil), soluble corn fiber, sugar, dextrose, salt, molasses, natural flavor, baking soda, cellulose, potassium bicarbonate, natural and artificial flavor, mono- and diglycerides, soy lecithin, wheat gluten, niacinamide, vitamin A palmitate, carrageenan, zinc oxide, guar gum, pyridoxine hydrochloride, thiamin hydrochloride; filling: invert sugar, corn syrup, glycerin, apple juice concentrate, water, modified cornstarch, pectin concentrate, natural and artificial flavors, raspberry puree concentrate, modified cornstarch, sodium alginate, citric acid, malic acid, methylcellulose, dicalcium phosphate, red 40, blue 1

Nutrition Facts
12 Servings per Container
Serving Size 1 bar

Amount Per Serving	
Calories	144
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 83mg	3%
Total Carbohydrate 23g	7%
Dietary Fiber 2g	8%
Total Sugars 8g	
Includes 6g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 18mcg	1%
Iron 1mg	5%
Potassium 97mg	2%

* 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.

Ingredients: whole grain oats, almonds, raisins, honey, canola oil, cinnamon, salt

Nutrition Labels, New Style (2015 Dietary Guidelines)

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Materials

» workbook pages 60, 62, and 63

Desired Outcomes

» Students recognize parts of a nutrition label.

» Students apply basic rules to determine whether a packaged food is a healthier choice.

» Students use their knowledge to draw conclusions about the health benefits of certain types of dry cereal and bread.

» Students compare saturated fat, vitamin content, and fiber on different food labels.

Directions

1. Go over the basics of a nutrition label (to the level of detail that is appropriate.) Use the handouts to help. Serving size will be covered in more depth during a later session, but be sure to use this as an opportunity to introduce the topic.
2. Follow directions on the Scavenger Hunt page.

Follow-up Questions

» How can food labels help us decide which foods to buy?

» Are food labels confusing?

» What kind of information is important for you to look for on a food label?

» What kind of food do you think the sample labels come from (granola bars)? Which would you choose?

Food Label Scavenger Hunt

What do you look for on a food label?

Look at two labels for similar products.

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» **Instruction:** The facilitator will pass out two nutrition labels. Complete the questions below by comparing the two nutrition labels, then circle Label A or B.

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7. More **protein** per serving	Label A	Label B
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10. Which is the **healthier** choice?	Label A	Label B

Nutrition Labels Comparison

Can you guess what kind of product these labels come from?

Pick two of these labels to use with the Food Label Scavenger Hunt activity.

Nutrition Facts

Serving Size 1 bar

Servings per Container 8

Amount Per Serving	
Calories 90	Calories from Fat 23
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A	1%
Vitamin C	0%
Calcium	0%
Iron	2%

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Sodium	Less than		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Ingredients: granola (rolled oats, tapioca syrup, sugar, sunflower oil, sea salt, vanilla extract, baking soda), Tapioca Syrup, Crisp Rice (rice flour, sugar, raisin juice concentrate, sea salt, annatto color), Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, vanilla), Dry Roasted Peanuts, Peanut Butter Chips (sugar, cocoa butter, partially defatted peanut flour, sea salt, cocoa, soy lecithin), Rice Flour, Glycerin, Whole Oat Flour, Sunflower Oil, Peanut Butter (peanuts, salt), Molasses

Nutrition Facts

Serving Size 1 bar

Servings per Container 6

Amount Per Serving	
Calories 100	Calories from Fat 23
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
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		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Ingredients: rolled oats, rice flour, corn syrup, sugar, fructose, coconut, palm oil, contains 2% or less of dextrose, molasses, glycerin, salt, sorbitol, natural flavor, malt extract, butter, soy lecithin, nonfat milk, mixed tocopherols, rosemary extract (for freshness), wheat starch

Nutrition Labels, Original Style (Pre-2015 Dietary Guidelines)

Nutrition Labels Comparison (CONTINUED)

Nutrition Facts

8 Servings per Container

Serving Size 1 bar

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	10%
Total Sugars 11g	
Includes 9g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 48mcg	4%
Iron 3mg	11%
Potassium 329mg	7%

* 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.

Ingredients: whole grain oats, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, vegetable oil (high oleic soybean and/or canola oil), soluble corn fiber, sugar, dextrose, fructose, calcium carbonate, whey, wheat bran, cellulose, potassium bicarbonate, natural and artificial flavor, mono- and diglycerides, soy lecithin, wheat gluten, niacinimide, vitamin A palmitate, carrageenan, zinc oxide, guar gum, pyridoxine hydrochloride, thiamin hydrochloride; filling: invert sugar, corn syrup, glycerin, apple puree concentrate, sugar, blueberry puree concentrate, natural and artificial flavors, raspberry puree concentrate, modified cornstarch, sodium alginate, citric acid, malic acid, methylcellulose, dicalcium phosphate, red 40, blue 1

Nutrition Labels, New Style (2015 Dietary Guidelines)

Nutrition Facts

12 Servings per Container

Serving Size 1 bar

Amount Per Serving

Calories 144

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 83mg	3%
Total Carbohydrate 23g	7%
Dietary Fiber 2g	8%
Total Sugars 8g	
Includes 6g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 18mcg	1%
Iron 1mg	5%
Potassium 97mg	2%

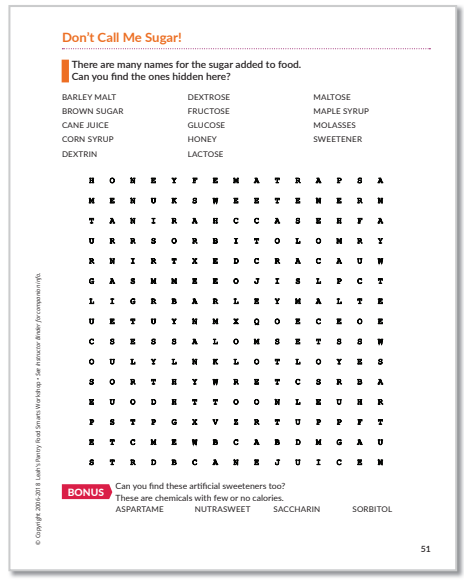
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: whole grain oats, almonds, raisins, honey, canola oil, cinnamon, salt

Don’t Call Me Sugar!

Materials

- workbook page 51
- paper and pen
- various labels containing different types of sugar


Don't Call Me Sugar!

There are many names for the sugar added to food.
Can you find the ones hidden here?

BARLEY MALT
BROWN SUGAR
CANE JUICE
CORN SYRUP
DEXTRIN
DEXTROSE
FRUCTOSE
GLUCOSE
HONEY
LACTOSE
MALTOSE
MAPLE SYRUP
MOLASSES
SWEETENER

H O N E Y F E M A T R A P S A
M E N U K S W E E T E N E R N
T A N I R A H C C A S E H F A
U R R S O R B I T O L O M R Y
R N I R T X E D C R A C A U W
G A S M M E E O J I S L P C T
L I G R B A R L E Y M A L T E
U E T U Y N M X Q O E C E O E
C S E S S A L O M S E T S S W
O U L Y L N K L O T L O Y E S
S O R T H Y W R E T C S R B A
E U O D E T T O O N L E U E R
P S T P G X V E R T U P P F T
E T C M E N B C A B D M G A U
S T R D B C A N E J U I C E N

BONUS Can you find these artificial sweeteners too? These are chemicals with few or no calories.
ASPARTAME NUTRASWEET SACCHARIN SORBITOL

51

Desired Outcomes:

- Students can recognize different forms of sugar in their food.

Additional Information

Deciphering Labels. It can be confusing to try to find out how much added sugar a food contains. The sugar listing on a Nutrition Facts label lumps all sugars together, including naturally-occurring milk and fruit sugars, which can be deceiving. This explains why, according to the label, one cup of milk has 11 grams of sugar even though it doesn’t contain any sugar “added” to it.

Read the ingredients list. Learn to identify terms that mean sugar, including sugar, white sugar, brown sugar, confectioner’s sugar, corn syrup, dextrin, honey, invert sugar, maple syrup, raw sugar, beet sugar, cane sugar, corn sweeteners, evaporated cane juice, high fructose corn syrup, malt, molasses, turbinado sugar, sorbitol, aspartame, dextrose, sweetener, glucose, saccharin, fructose, maltose, nutrasweet, and lactose.

Directions

1. Have students complete the “Sugar Word Search.”
2. Have each student read three labels, listing all the forms of sugar found in each food.

Discussion Questions

- Why is having different names for sugar confusing?
- What are some examples of food that have naturally-occurring sugars?

Don't Call Me Sugar!

There are many names for the sugar added to food. Can you find the ones hidden here?

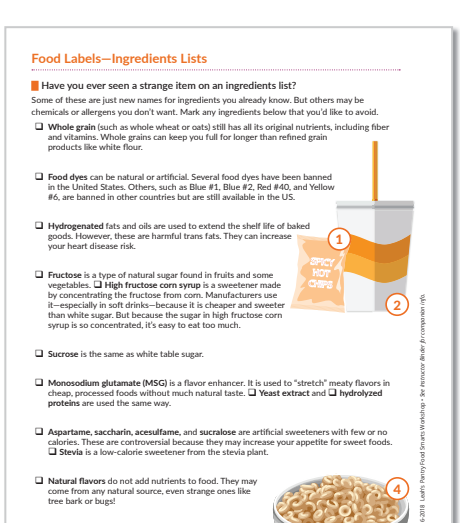
BARLEY MALT
BROWN SUGAR
CANE JUICE
CORN SYRUP
DEXTRIN
DEXTROSE
FRUCTOSE
GLUCOSE
HONEY
LACTOSE
MALTOSE
MAPLE SYRUP
MOLASSES
SWEETENER

H O N E Y F E M A T R A P S A
M E N U K S W E E T E N E R N
T A N I R A H C C A S E H F A
U R R S O R B I T O L O M R Y
R N I R T X E D C R A C A U W
G A S M M E E O J I S L P C T
L I G R B A R L E Y M A L T E
U E T U Y N M X Q O E C E O E
C S E S S A L O M S E T S S W
O U L Y L N K L O T L O Y E S
S O R T H Y W R E T C S R B A
E U O D H T T O O N L E U H R
P S T P G X V Z R T U P P F T
E T C M E W B C A B D M G A U
S T R D B C A N E J U I C E N

BONUS Can you find these artificial sweeteners too? These are chemicals with few or no calories.

ASPARTAME NUTRASWEET SACCHARIN SORBITOL

Food Labels—Ingredients Lists



Food Labels—Ingredients Lists

Have you ever seen a strange item on an ingredients list?

Some of these are just new names for ingredients you already know. But others may be chemicals or allergens you don't want. Mark any ingredients below that you'd like to avoid.

❑ **Whole grain** (such as whole wheat or oats) still has all its original nutrients, including fiber and vitamins. Whole grains can keep you full for longer than refined grain products like white flour.

❑ **Food dyes** can be natural or artificial. Several food dyes have been banned in the United States. Others, such as Blue #1, Blue #2, Red #40, and Yellow #6, are banned in other countries but are still available in the US.

❑ **Hydrogenated** fats and oils are used to extend the shelf life of baked goods. However, these are harmful trans fats. They can increase your heart disease risk.

❑ **Fructose** is a type of natural sugar found in fruits and some vegetables. ❑ **High fructose corn syrup** is a sweetener made by concentrating the fructose from corn. Manufacturers use it—especially in soft drinks—because it is cheaper and sweeter than white sugar. But because the sugar in high fructose corn syrup is so concentrated, it's easy to eat too much.

❑ **Sucrose** is the same as white table sugar.

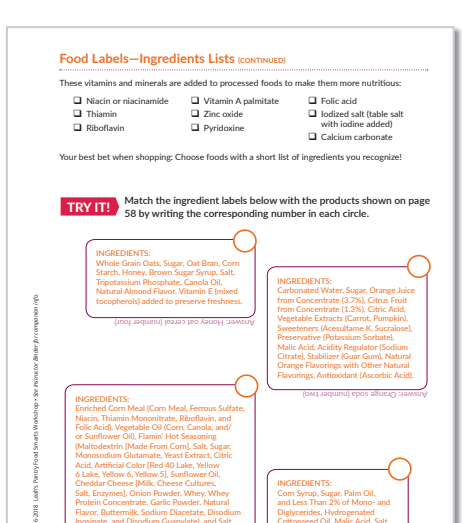
❑ **Monosodium glutamate (MSG)** is a flavor enhancer. It is used to "stretch" meaty flavors in cheap, processed foods without much natural taste. ❑ **Yeast extract** and ❑ **hydrolyzed proteins** are used the same way.

❑ **Aspartame, saccharin, acesulfame,** and **sucralose** are artificial sweeteners with few or no calories. These are controversial because they may increase your appetite for sweet foods. ❑ **Stevia** is a low-calorie sweetener from the stevia plant.

❑ **Natural flavors** do not add nutrients to food. They may come from any natural source, even strange ones like tree bark or bugs!

❑ **Citric acid** comes from citrus fruits. It is used to give foods a sour flavor or as a natural preservative.

58



Food Labels—Ingredients Lists (CONTINUED)

These vitamins and minerals are added to processed foods to make them more nutritious:

❑ Niacin or niacinamide
❑ Thiamin
❑ Riboflavin
❑ Vitamin A palmitate
❑ Zinc oxide
❑ Pyridoxine
❑ Folic acid
❑ Iodized salt (table salt with iodine added)
❑ Calcium carbonate

Your best bet when shopping: Choose foods with a short list of ingredients you recognize!

TRY IT! Match the ingredient labels below with the products shown on page 58 by writing the corresponding number in each circle.

INGREDIENTS:
Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) added to preserve freshness.

Answer: Honey oat cereal (number four)

INGREDIENTS:
Carbonated Water, Sugar, Orange Juice from Concentrate (3.7%), Citrus Fruit from Concentrate (1.3%), Citric Acid, Vegetable Extracts (Carrot, Pumpkin), Sweeteners (Acesulfame K, Sucralose), Preservative (Potassium Sorbate), Malic Acid, Acidity Regulator (Sodium Citrate), Stabilizer (Guar Gum), Natural Orange Flavorings with Other Natural Flavorings, Antioxidant (Ascorbic Acid).

Answer: Orange soda (number two)

INGREDIENTS:
Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

Answer: Spicy hot corn chips (number one)

INGREDIENTS:
Corn Syrup, Sugar, Palm Oil, and Less Than 2% of Mono- and Diglycerides, Hydrogenated Cottonseed Oil, Malic Acid, Salt, Soy Lecithin, Artificial Flavors, Blue 1, Red 40, Yellow 5.

Answer: Tasty candy (number three)

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Materials

» workbook pages 58-59

» optional: students bring in an empty food package, ideally from something they have eaten

Desired Outcomes

» Students learn about common ingredients in packaged foods that can be helpful or harmful.

Directions

1. Point out that on a packaged food, ingredients are listed in the order of quantity. If the first ingredient is sugar and the second is oats, for example, the product has more sugar than oats.
2. Also point out that fresh fruits and vegetables often have no ingredients labels because they only have one ingredient!
3. Together, read the ingredients explanations provided in the workbook.
4. If students have brought in packages, ask them to look for any of these items on the ingredients lists.
5. Have them circle any items on the list that they would like to avoid in the future.

Discussion Questions

» Are there any ingredients you look for in packaged foods?

» Are there any ingredients you avoid?

» Looking at the list, are there any ingredients that surprise you? Any that are more helpful or harmful than you thought?

Food Labels—Ingredients Lists

Have you ever seen a strange item on an ingredients list?

Some of these are just new names for ingredients you already know. But others may be chemicals or allergens you don't want. Mark any ingredients below that you'd like to avoid.

❑ **Whole grain** (such as whole wheat or oats) still has all its original nutrients, including fiber and vitamins. Whole grains can keep you full for longer than refined grain products like white flour.

❑ **Food dyes** can be natural or artificial. Several food dyes have been banned in the United States. Others, such as Blue #1, Blue #2, Red #40, and Yellow #6, are banned in other countries but are still available in the US.

❑ **Hydrogenated** fats and oils are used to extend the shelf life of baked goods. However, these are harmful trans fats. They can increase your heart disease risk.

❑ **Fructose** is a type of natural sugar found in fruits and some vegetables. ❑ **High fructose corn syrup** is a sweetener made by concentrating the fructose from corn. Manufacturers use it—especially in soft drinks—because it is cheaper and sweeter than white sugar. But because the sugar in high fructose corn syrup is so concentrated, it's easy to eat too much.

❑ **Sucrose** is the same as white table sugar.

❑ **Monosodium glutamate (MSG)** is a flavor enhancer. It is used to "stretch" meaty flavors in cheap, processed foods without much natural taste. ❑ **Yeast extract** and ❑ **hydrolyzed proteins** are used the same way.

❑ **Aspartame, saccharin, acesulfame,** and **sucralose** are artificial sweeteners with few or no calories. These are controversial because they may increase your appetite for sweet foods. ❑ **Stevia** is a low-calorie sweetener from the stevia plant.

❑ **Natural flavors** do not add nutrients to food. They may come from any natural source, even strange ones like tree bark or bugs!

❑ **Citric acid** comes from citrus fruits. It is used to give foods a sour flavor or as a natural preservative.

Food Labels—Ingredients Lists (CONTINUED)

These vitamins and minerals are added to processed foods to make them more nutritious:

- ❑ Niacin or niacinamide
- ❑ Thiamin
- ❑ Riboflavin
- ❑ Vitamin A palmitate
- ❑ Zinc oxide
- ❑ Pyridoxine
- ❑ Folic acid
- ❑ Iodized salt (table salt with iodine added)
- ❑ Calcium carbonate

Your best bet when shopping: Choose foods with a short list of ingredients you recognize!

TRY IT! **Match the ingredient labels below with the products shown on page 58 by writing the corresponding number in each circle.**

INGREDIENTS:
Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) added to preserve freshness.

Answer: Honey oat cereal (number four)

INGREDIENTS:
Carbonated Water, Sugar, Orange Juice from Concentrate (3.7%), Citrus Fruit from Concentrate (1.3%), Citric Acid, Vegetable Extracts (Carrot, Pumpkin), Sweeteners (Acesulfame K, Sucralose), Preservative (Potassium Sorbate), Malic Acid, Acidity Regulator (Sodium Citrate), Stabilizer (Guar Gum), Natural Orange Flavorings with Other Natural Flavorings, Antioxidant (Ascorbic Acid).

Answer: Orange soda (number two)

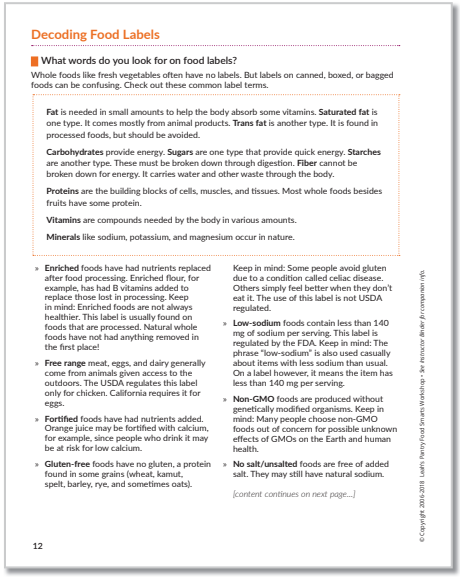
INGREDIENTS:
Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

Answer: Spicy hot corn chips (number one)

INGREDIENTS:
Corn Syrup, Sugar, Palm Oil, and Less Than 2% of Mono- and Diglycerides, Hydrogenated Cottonseed Oil, Malic Acid, Salt, Soy Lecithin, Artificial Flavors, Blue 1, Red 40, Yellow 5.

Answer: Taffy candy (number three)

Decoding Food Labels



Decoding Food Labels

What words do you look for on food labels?

Whole foods like fresh vegetables often have no labels. But labels on canned, boxed, or bagged foods can be confusing. Check out these common label terms.

Fat is needed in small amounts to help the body absorb some vitamins. **Saturated fat** is one type. It comes mostly from animal products. **Trans fat** is another type. It is found in processed foods, but should be avoided.

Carbohydrates provide energy. **Sugars** are one type that provide quick energy. **Starches** are another type. These must be broken down through digestion. **Fiber** cannot be broken down for energy. It carries water and other waste through the body.

Proteins are the building blocks of cells, muscles, and tissues. Most whole foods besides fruits have some protein.

Vitamins are compounds needed by the body in various amounts.

Minerals like sodium, potassium, and magnesium occur in nature.

- **Enriched** foods have had nutrients replaced after food processing. Enriched flour, for example, has had B vitamins added to replace those lost in processing. Keep in mind: Enriched foods are not always healthier. This label is usually found on foods that are processed. Natural whole foods have not had anything removed in the first place!
- **Free range** meat, eggs, and dairy generally come from animals given access to the outdoors. The USDA regulates this label only for chicken. California requires it for eggs.
- **Fortified** foods have had nutrients added. Orange juice may be fortified with calcium, for example, since people who drink it may be at risk for low calcium.
- **Gluten-free** foods have no gluten, a protein found in some grains (wheat, kamut, spelt, barley, rye, and sometimes oats). Keep in mind: Some people avoid gluten due to a condition called celiac disease. Others simply feel better when they don't eat it. The use of this label is not USDA regulated.
- **Low-sodium** foods contain less than 140 mg of sodium per serving. This label is regulated by the FDA. Keep in mind: The phrase "low-sodium" is also used casually about items with less sodium than usual. On a label however, it means the item has less than 140 mg per serving.
- **Non-GMO** foods are produced without genetically modified organisms. Keep in mind: Many people choose non-GMO foods out of concern for possible unknown effects of GMOs on the Earth and human health.
- **No salt/unsalted** foods are free of added salt. They may still have natural sodium.

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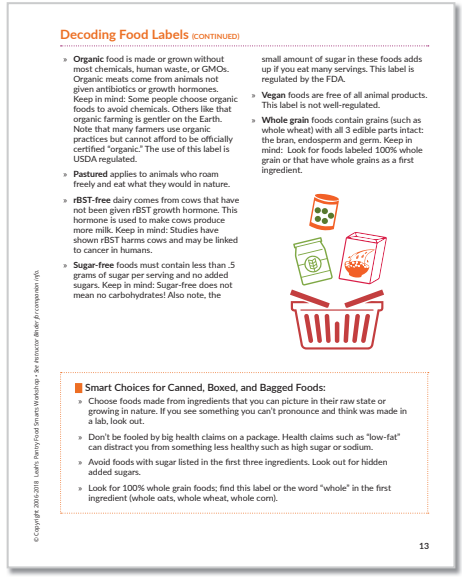
12



Decoding Food Labels (CONTINUED)

- **Organic** food is made or grown without most chemicals, human waste, or GMOs. Organic meats come from animals not given antibiotics or growth hormones. Keep in mind: Some people choose organic foods to avoid chemicals. Others like that organic farming is gentler on the Earth. Note that many farmers use organic practices but cannot afford to be officially certified "organic." The use of this label is USDA regulated.
- **Pastured** applies to animals who roam freely and eat what they would in nature.
- **rBST-free** dairy comes from cows that have not been given rBST growth hormone. This hormone is used to make cows produce more milk. Keep in mind: Studies have shown rBST harms cows and may be linked to cancer in humans.
- **Sugar-free** foods must contain less than .5 grams of sugar per serving and no added sugars. Keep in mind: Sugar-free does not mean no carbohydrates! Also note, the small amount of sugar in these foods adds up if you eat many servings. This label is regulated by the FDA.
- **Vegan** foods are free of all animal products. This label is not well-regulated.
- **Whole grain** foods contain grains (such as whole wheat) with all 3 edible parts intact: the bran, endosperm and germ. Keep in mind: Look for foods labeled 100% whole grain or that have whole grains as a first ingredient.

Smart Choices for Canned, Boxed, and Bagged Foods:

- Choose foods made from ingredients that you can picture in their raw state or growing in nature. If you see something you can't pronounce and think was made in a lab, look out.
- Don't be fooled by big health claims on a package. Health claims such as "low-fat" can distract you from something less healthy such as high sugar or sodium.
- Avoid foods with sugar listed in the first three ingredients. Look out for hidden added sugars.
- Look for 100% whole grain foods; find this label or the word "whole" in the first ingredient (whole oats, whole wheat, whole corn).

13

Materials

- workbook pages 12 and 13

Desired Outcomes

- Students explore definitions of basic nutrition terms as well as common terms used in food labeling.

Directions

1. In preparation, ask students to name or write down any confusing or unknown words they've seen on food labels. Ideally this could be started at the end of the previous workshop session and continued throughout the week as students encounter labels in everyday life.
2. Read the boxed nutrition words first, taking time to answer questions and clarify.
3. Explore the other terms—as well as ones students named in preparation for the activity—as time allows.

Discussion Questions

Ask the group to discuss the following:

- What words do you look for on a nutrition label?
- What terms do you think are helpful on a label? Which do you think cause confusion for people?
- What words will you look for in the future?

Decoding Food Labels

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Decoding Food Labels (CONTINUED)

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» Avoid foods with sugar listed in the first three ingredients. Look out for hidden added sugars.

» Look for 100% whole grain foods; find this label or the word "whole" in the first ingredient (whole oats, whole wheat, whole corn).

Food Demonstration Planning Template

Recipe Title: _____

EQUIPMENT/MATERIALS	INGREDIENTS

Recipe Modifications to Suggest:

Healthy Nutrition Message to Highlight:

Culinary Skill to Demonstrate:

Food Bank-Friendly Items to Show:

Ingredients to Prep Ahead of Time (if any):