

Reading Nutrition Labels

TODAY WE DID:

Today we did a 15 minute lesson about how to read nutrition labels correctly and then did 30 minutes of physical activity with your child.

TODAY WE TALKED ABOUT:

Today, we talked about how 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!



TODAY WE LEARNED:

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:

- 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.

Today, we also learned about how:

- 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 is processed, which means that i 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 stuff added.

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

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?

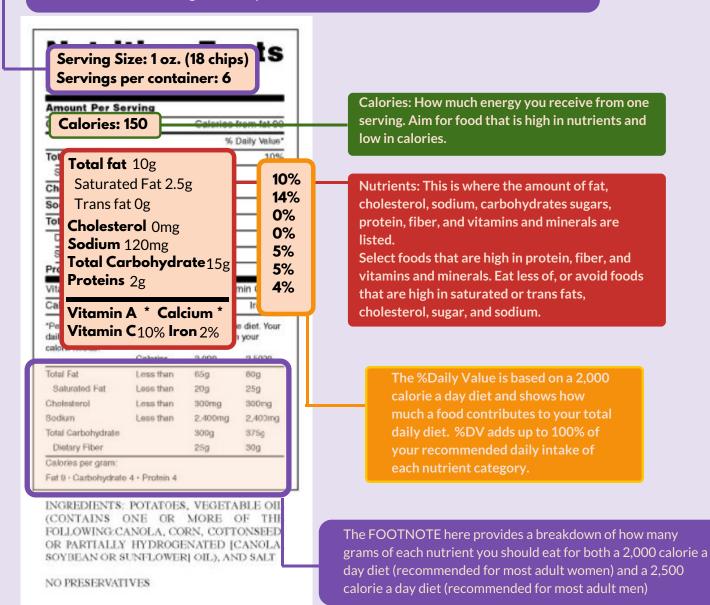
A: It is sugar that is not naturally occurring that is added to many types of food.

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!





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

New Label



	Nutrition Fa	cts
1	8 servings per container Serving size 2/3 cup	
2	Amount per serving Calories 2	30
3	Total Fat 8g	y Value*
	Saturated Fat 1g Trans Fat 0g	5%
	Cholesterol 0mg Sodium 160mg Total Carbohydrate 37g	7% 13%
	Dietary Fiber 4g Total Sugars 12g	14%
4	Includes 10g Added Sugars Protein 3g	20%
5	Vitamin D 2mcg	10%
	Iron 8mg	15% 45%
6	The % Daily Value (DV) tells you how much a a serving of food contributes to a daily diet. 2,0 a day is used for general nutrition advice.	

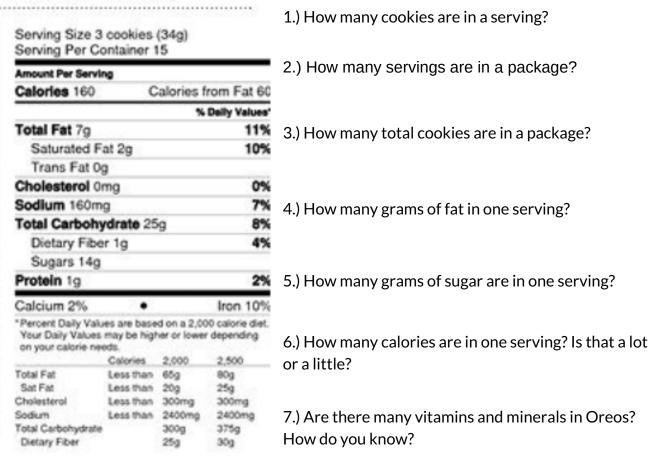
The highlighted boxes indicate the new adjustments made to the label.

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:



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?