

# NUTRITION FACTS LABEL

Use the Nutrition Facts Label as a tool for making healthy food choices.

## Classroom Activity



### UNDERSTANDING NUTRITION FACTS LABELS

GRADES: 4-8

A week before the activity, collect about 25 food boxes, cans, and labels from a variety of foods. Choose a variety of healthy and less healthy foods.



Before the activity, teach students how to read the nutrition facts label.

#### ACTIVITY:

- Use this month's graphic to teach students how to read the nutrition facts label.
- Split students into 5 groups.
- Give each group 5 nutrition facts labels (make sure each group has a mix of healthy and less healthy foods).
- Instruct students to place foods in order from healthiest to least healthy using the various measures on the facts label: amount of calories, fats, sugars, or vitamins.
- Check each group's answers when complete.
- Discuss the importance of choosing healthy snacks that are rich in vitamins and minerals. Choosing whole, fresh foods, such as fruits and vegetables, are the best options for snacking!

#### START HERE

- Check the serving size & number of servings.
- The Nutrition Facts Label is based on what is listed here!
- If you eat more or less than what's listed, you have to adjust the other numbers.

#### GO LOW

- Select foods that are lowest in saturated fat, trans fat, & cholesterol.

#### CHOOSE THE BEST

- Keep sugars low.
- "Added sugars" will tell you how much sugar is not naturally found in the product.
- Carbohydrates come from fiber and sugar. Choose foods that are high in fiber, low in sugar.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

#### CALORIES COUNT

- This section tells you how many calories this food contains (how much energy you get from it).
- Kids need about 2,000 to 2,200 calories each day for energy to grow and play!

#### 20% RULE

- Follow the 20% rule. Daily values of 20% or more are considered high.
- 20% is good for vitamins and minerals.
- 20% or more of fat, cholesterol, sodium, or sugar is probably too much.

#### VITAMINS & MINERALS

- The HIGHER the number, the BETTER.
- Follow MyPlate to get a healthy balance of vitamins and minerals!
- Make your plate a "rainbow" of colors to ensure you are getting the variety of vitamins and minerals that your body needs.

### FOOD SERVING SIZES GET A REALITY CHECK

#### Serving Size Changes

What's considered a single serving has changed in the decades since the original nutrition label was created. So now serving sizes will be more realistic to reflect how much people typically eat at one time.

**CURRENT**  
1 PINT =  
4 SERVINGS  
200 CALORIES



**NEW**  
1 PINT =  
3 SERVINGS  
270 CALORIES



#### Packaging Affects Servings

Package size affects how much people eat and drink. So now, for example both 12 and 20 ounce bottles equal 1 serving, since people typically drink both sizes in one sitting.



1 SERVING PER BOTTLE FOR EITHER BOTTLE SIZE

Seymour says:

"Use the Nutrition Facts Label to choose foods that keep your body strong."

## July 2019

National Picnic Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Picnic Month			Eat Your Beans Day	Independence Day / Eat Your Caesar Salad Day		
7	8	9	10	11	12	13
Father-Daughter Take-A-Walk Day				Blueberry Muffin Day		
14	15	16	17	18	19	20
Mac & Cheese Day		Personal Chef's Day				
21	22	23	24	25	26	27
						Dance Day
28	29	30	31			
	Lasagna Day					