



Anthony Slusher

NUTRITION FACTS AND FOOD LABELS

HEALTH





“ TAKE CARE OF
YOUR BODY,

it's the only place
YOU HAVE TO LIVE ”



Anthony James Slusher

Elementary and Middle School Health Educator

Hi there! I'm Anthony, an Elementary and Middle School Health Educator with a craze for motivating our youth on the importance of living a healthy and active lifestyle. In my highly enthusiastic classroom, we engage in the skills, knowledge and understanding it takes to create and sustain lifelong physical, mental and emotional health. I take pride in being a Healthy Role Model for my students and hope to inspire them to do the same :)

Healthy people = Happy people. Who doesn't want to be happy?

Hobbies: Yoga, Sports, Nature, Hiking, Camping, Biking, Reading, Being Grateful.

Qualities: Energetic, Motivated, Passionate.

Lesson Objectives



Students will:

1. Be able to read and understand all parts of the food label.
2. Understand how %DV is calculated and how it relates to them as individuals.
3. Identify food additives and learn healthy alternatives.

Classroom Time: 35 minutes

Note to teacher: Students should have already participated in the lessons “Nutrients in your food” and “Balanced Diet”

Poll



Do you read or look at the nutrition facts on your food before eating it?

yes

no

Video
NEXT

Put your headphones on!

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250

from Fat 110

% Daily Value*

Total Fat 12g

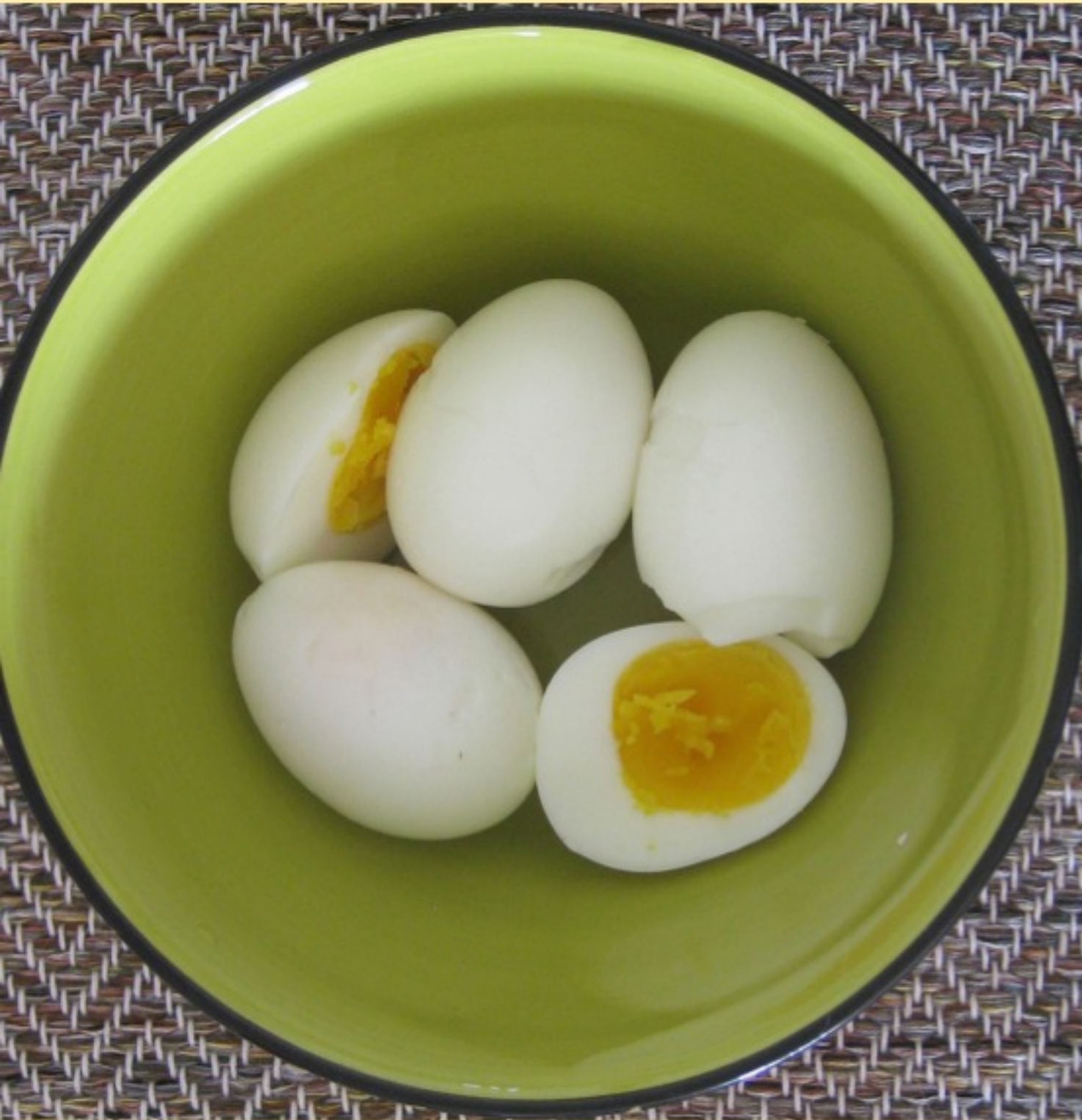
18%

Trans Fat 3g

http://www.youtube.com/embed/2wh_KWNNTrI

Let's learn to read the
Nutrition Facts of
one large egg

All foods and drinks have calories, fats, carbohydrates, and protein as well other Vitamins and nutrients.



Nutrition Facts

Serving Size 1 large (92 g)

Per Serving	% Daily Value*
Calories 66	
Calories from Fat 36	
Total Fat 4g	6%
Saturated Fat 1.2g	6%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 197mg	66%
Sodium 58mg	2%
Potassium 47.61mg	1%
Carbohydrates 0.5g	0%
Dietary Fiber 0g	0%
Sugars 0.5g	
Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%

one large egg

Serving Size

Calories per serving



Nutrition Facts

Serving Size 1 large (92 g)

Per Serving	% Daily Value*
Calories 66	
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Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%

First, check the serving size. The nutritional information that follows is based on the serving size. The number of calories let's you know the amount of energy in food. If you eat more or less than the serving size, you'll need to adjust the nutrient amounts to reflect how much you actually eat.

one large egg

% Daily Value

Nutrition Facts

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Per Serving	% Daily Value*
Calories 66	
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Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
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Carbohydrates 0.5g	0%
Dietary Fiber 0g	0%
Sugars 0.5g	
Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%

What this means is that after eating this egg, you have already taken in 6% of the recommended amount of fat that you should consume in one day. But remember, this is a percentage designed for a person who needs 2,000 calories each day.

For a girl that is 9-13 years old, 1,600 calories per day is the recommended amount. For a boy 9-13 years old, 1,800 per day is enough.

Open Ended Question

Let's do the math!

Nutrition Facts	
Serving Size 1 large egg (50 g)	
Amount Per Serving	
Calories 80	
Calories from Fat 55	
Total Fat 15g	30%
Saturated Fat 5g	10%
Trans Fat 0g	
Cholesterol 200mg	40%
Sodium 160mg	32%
Total Crap 17g	34%
Crappies 10g	20%
Crappies 2g	4%
Crappies 1g	2%
Crappies 0.5g	1%
Crappies 0.2g	0.4%
Crappies 0.1g	0.2%
Crappies 0.05g	0.1%
Crappies 0.02g	0.04%
Crappies 0.01g	0.02%

For a girl that is 9-13 years old, 1,600 calories per day is the recommended amount. If she eats two large eggs for breakfast, what percentage of her daily caloric intake has she already consumed?

Solve the math problem in the image.

one large egg

Keep an eye out for saturated fat, trans fat, sodium and cholesterol. These are all linked to cardiovascular disease and should be limited in the diet. Most Americans eat too much of these. After eating two whole eggs, you should avoid eating more cholesterol throughout the day.

Saturated fat,
cholesterol and **sodium**

Nutrition Facts

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Calories 66	
Calories from Fat 36	
Total Fat 4g	6%
Saturated Fat 1.2g	6%
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 197mg	66%
Sodium 58mg	2%
Potassium 47.61mg	1%
Carbohydrates 0.5g	0%
Dietary Fiber 0g	0%
Sugars 0.5g	
Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%

one large egg

Be sure to get enough Fiber and Protein. They keep you healthy and protein helps you build muscle!

Nutrition Facts

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Per Serving	% Daily Value*
Calories 66	
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Total Fat 4g	6%
Saturated Fat 1.2g	6%
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Dietary Fiber 0g	0%
Sugars 0.5g	
Protein 5.8g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 94%



one large egg

Unsaturated Fat, Vitamin A, Vitamin C, Potassium, Calcium and Iron are also very important for all around good health!

Nutrition Facts

Serving Size 1 large (92 g)

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one large egg

Good for you!

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Need to limit intake

Open Ended Question

Why is it so important to read the nutrition facts before eating from a box of cereal?

Ingredients

An **ingredient** is a substance that forms part of a mixture (in a general sense). For example, in cooking, recipes specify which **ingredients** are used to prepare a specific dish. Many commercial products contain a secret **ingredient** that is purported to make them better than competing products.



What are some ingredients that we would find in Cheerios cereal?

Do you recognize all the ingredients?

Nutrition Facts

Serving Size 1 cup

Calories 118

Calories from Fat 15

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.6g		Tot. Carb. 23.3g	18%
Sat. Fat 0g		Dietary Fiber 2.1g	9%
Trans Fat 0g		Sugars 9.7g	
Cholesterol 0mg		Protein 3.2g	
Sodium 170.8mg	7%		
A-IU 11%	• Vit C 11%	• Calc 11%	• Iron 27%

INGREDIENTS: GENERAL MILL HONEYNUT CHEERIOS (Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Ground Almonds, Calcium Carbonate, Trisodium Phosphate, Wheat Flour, Vitamin E, Zinc, Iron, Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin B12, Vitamin D)

ALLERGENS: Tree Nuts, Wheat



Most of the names you probably didn't recognize and definitely do not want to try to pronounce are called food additives. **Food additives** are chemicals added to foods to keep them fresh or to enhance their color, flavor or texture. Processed and packaged foods are a convenient choice for today's busy families, but they're often loaded with additives and preservatives.

Eating foods that contain less additives is much better for your health. Anything that does not come in a package should be your first choice, such as organic fruits, vegetables, unprocessed grains and animal meats.

Draw It

Circle the foods that do not contain any additives.

Oreo Cookies

Wild rice

PopTarts

shredded cheese in a bag

Celery

Peanut Butter

Apples

A loaf of bread in a bag

Lollipop

fresh squeezed orange juice

Eggs

Cream cheese

Almonds

ANSWERS

Oreo Cookies

Wild rice

PopTarts

shredded cheese in a bag

Celery

Peanut Butter

Apples

A loaf of bread in a bag

Lollipop

fresh squeezed orange juice

Eggs

Cream cheese

Almonds

Quiz

Which of the following is NOT linked to cardiovascular disease?

- Saturated Fat
- Unsaturated Fat
- Cholesterol
- Sodium

Which two nutrients should you try to consume a lot of?

- Fiber & Protein
- Protein & Saturated Fat
- Iron & Sodium

If you want to eat foods that contain less additives, what could you do?

- Stay away from packaged foods.
- Stay away from fresh fruits and vegetables.

The number of calories and %Daily Value of nutrients that are listed on the food label ALWAYS reflect the amount that is in the entire package.

True

False

The very first thing to look at when reading a nutrition label is the

- serving size.
- total fat.
- carbohydrates.

THANK YOU!

Credits



<https://www.flickr.com/photos/yeknom02/4297352054/>

Dan Domme- “022.365: Nutrition”

<https://www.flickr.com/photos/jeeppersmedia/12828447835/>

Mike Mozart- “Pop Tarts Nutrition Facts”

<http://caloriecount.about.com/calories-market-basket-egg-whole-i1128>

http://www.nutrition.und.edu/foodpro/label.asp?dtdate=3%2F3%2F2012&RecNumAndPort=034045*1