

Name: _____

Date: _____

ACTIVITY 4A FOOD LABELS

STUDENT WORKSHEET

Remember that an important recommendation especially for Americans, is to keep the percent of calories from fat less than or equal to 30%. To find the percent of calories from fat:

Example:

Nutrition Facts	
Serving Size 1 cup (252g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 220	Calories from Fat 30

1) Divide the calories from fat by the total number of calories.

$$1) \frac{\text{calories from fat}}{\text{total calories}} = \frac{30}{220} = 0.1363636$$

2) Multiply by 100 to change the decimal into a percent.

$$2) 0.1363636 \times 100 = 13.63636$$

$$0.1363636 = 13.63636\%$$

3) Round to the nearest whole percent.

$$3) 13.63636\% = 14\%$$

REFRIED BEANS

Nutrition Facts	
Serving Size 1/2 cup (128g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 560mg	23%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 7g	

- How much is one serving of beans? _____
- How many calories are in one serving of beans? _____
- How many calories from fat are in one serving of beans? _____
- Find the percent of calories from fat in these beans. _____
- How many calories are in one cup of beans? _____

PEANUT BUTTER SANDWICH CRACKERS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 package (38g)		Total Fat 9g	14%	Total Carbohydrate 22g	7%
Servings Per Container 8		Saturated Fat 2g	10%	Dietary Fiber less than 1g	3%
Calories 190		Cholesterol less than 5mg	1%	Sugars 4g	
Calories from Fat 80		Sodium 420mg	18%	Protein 6g	
		Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 4%

- What is the serving size of the peanut butter sandwich crackers? _____
- How many calories are in one serving of crackers? _____
- How many calories from fat are in one serving of crackers? _____
- Find the percent of calories from fat in the crackers. _____
- If there are six crackers per package, how many calories in one cracker? _____

ACTIVITY 4A

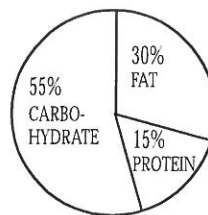
FOOD LABELS: STUDENT HANDOUT

When you go to a gas station you have a choice of which fuel to choose for your car: regular, super unleaded, or premium. When you go the grocery, restaurant, or cafeteria you have a choice of which fuel to choose for your body. Different fuels (*food*) contain different amounts of energy (*calories*). There are also different kinds of energy. The three main types of food energy are carbohydrates, proteins, and fats. Carbohydrates and proteins have 4 calories per gram and fat has 9 calories per gram. On the average Americans eat a diet which is too high in fat. *The Dietary Guidelines* suggest that 55% of a person's calories should come from carbohydrates, 15% from protein, and 30% or less from fat.

Carbohydrates — 4 calories per gram

Protein — 4 calories per gram

Fat — 9 calories per gram



Does all of this sound confusing? Well, under a Federal law passed in 1990 almost all packaged foods must have nutrition labels. The information on these labels can help you make healthful food choices. Let's take a look.

ACTIVITY 4A: TEACHER HANDOUT

HOW TO READ THE NEW FOOD LABEL

Serving Size

Is your serving the same size as the one on the label? If you eat double the serving size listed, you need to double the nutrient and calorie values. If you eat one-half the serving size shown here, cut the nutrient and calorie values in half.

Calories

Are you overweight? Cut back a little on calories! Look here to see how a serving of the food adds to your daily total. A 5'4", 135-lb. active woman needs about 2,200 calories each day. A 5'10", 174-lb. active man needs about 2,900. How about you?

Total Carbohydrate

When you cut down on fat, you can eat more carbohydrates. Carbohydrates are in foods like bread, potatoes, fruits, and vegetables. Choose these often! They give you more nutrients than sugars like soda pop and candy.

Dietary Fiber

Grandmother called it "roughage", but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans and peas are all good sources and can help reduce the risk of heart disease and cancer.

Protein

Most Americans get more protein than they need. Where there is animal protein, there is also fat and cholesterol. Eat small servings of lean meat, fish and poultry. Use skim or low-fat milk, yogurt and cheese. Try vegetable proteins like beans, grains and cereals.

Vitamins & Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

Amount Per Serving

Amount Per Serving	Calories from Fat 30	% Daily Value*
Total Fat 3g	5%	
Saturated Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 300mg	13%	
Total Carbohydrate 13g	4%	
Dietary Fiber 3g	12%	
Sugars 3g		
Protein 3g		

* 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	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Fiber	25g	30g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

More nutrients may be listed on some labels.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Total Fat

Aim low: Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. For a healthy heart, choose foods with a big difference between the total number of calories and the number of calories from fat.

Saturated Fat

A new kind of fat? No — saturated fat is part of the total fat in food. It is listed separately because it's the key player in raising blood cholesterol and your risk of heart disease. Eat real!

Cholesterol

Too much cholesterol — a second cousin to fat — can lead to heart disease. Challenge yourself to eat less than 300 mg each day.

Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low — 2,400 to 3,000 mg or less each day.*

*The ADA recommends no more than 3,000 mg sodium per day for healthy adults.

Daily Value

Feel like you're drowning in numbers? Let the Daily Value be your guide. Daily Values are listed for people who eat 2,000 or 2,500 calories each day. If you eat more, your personal daily value may be higher than what's listed on the label. If you eat less, your personal daily value may be lower.

For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value. For total carbohydrate, dietary fiber, vitamins and minerals, your daily value goal is to reach 100% of each.

g = grams (About 28 g = 1 ounce)
mg = milligrams (1,000 mg = 1 g)