



DECODING NUTRITION FACTS

Food Studies 9

DECODING NUTRITION FACTS

- Most Nutrition facts seem quite confusing and complex and understanding how to decipher the label can seem difficult
- People with Allergies will know to avoid certain items, but sometimes labels can be rather perplexing.
- This can lead to purchasing an item that appears to have no allergens when it actually does.

HOW TO READ LABELS SUCCESSFULLY

Steps:

1. Look at the serving size
2. Look at the Calories
3. Look at the percent Daily Value (% Daily Value)
4. Try to get more healthy nutrients (Minerals and Vitamins)
5. Try to avoid unhealthy nutrients (fats, sodium and Cholesterol)

LET'S COMPARE LABELS

Determine the following in a group:

1. What is the serving size of each burger?
2. Can we compare the servings? That is are the weights the same?
3. How many calories does each burger have?
4. Compare all the nutrients and see how they are different or the same?
5. Which burger has more of the nutrients we need?
6. Which burger has less sodium?
7. Which burger has less fat?
8. Which is the better burger to eat if your trying to reduce your salt intake?

Beef Burgers		Chicken Burgers	
Nutrition Facts Per 1 burger (130 g)		Nutrition Facts Per 1 burger (130 g)	
Amount	% Daily Value	Amount	% Daily Value
Calories 340		Calories 200	
Fat 27 g	42 %	Fat 9 g	14 %
Saturated Fat 12 g + Trans Fat 2 g	70 %	Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg		Cholesterol 70 mg	
Sodium 330 mg	14 %	Sodium 800 mg	33 %
Carbohydrate 3 g	1 %	Carbohydrate 4 g	1 %
Fibre 0 g	0 %	Fibre 0 g	0 %
Sugars 3 g		Sugars 0 g	
Protein 24 g		Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %	Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %	Calcium 4 %	Iron 2 %

WHAT IS A NUTRITION CLAIM?

This occurs when a product says that it contains a specified amount of a specific nutrient.

Some examples include

- Source of Fibre
- Low Fat
- Cholesterol-free
- Sodium Free
- Reduced in Calories
- Light



SOURCE OF FIBRE

This means having a minimum of 2 grams of fibre per serving



LOW FAT

This means that in a serving there cannot be more than 3 grams of fat



CHOLESTEROL FREE

This means that the food item has less than 2 mg of cholesterol in a serving.



SODIUM FREE

This means that the food item per serving has less than 5 mg of sodium.

WHY DO YOU THINK FOODS CANNOT BE MADE COMPLETELY FREE?

Work with a partner.

Once you have an answer write it up on the board.

Then we will discuss.



REDUCED IN CALORIES

This means that it has 25% less calories compared to its regular version.

LIGHT

Light refers to a few different things

- it can mean that the food item has less fat
- It can mean that the food item has less calories

- Additionally light can refer to the taste or the colour.

USING THE NUTRITION LABELS PROVIDED

1. Identify the food item
2. Identify the serving size in terms of grams or millileters.
3. How many grams of fat?
 - Break it into saturated and trans fat
4. How much cholesterol?
5. How much sodium?
6. How much fibre and sugars?
7. How much protein
8. Identify the vitamins and minerals in the food item as well as the percentage of each.

NOTE: Must repeat this activity for 4 food labels and needs to be handed in by the end of the block

CALORIES

In the food log that you filled in please **calculate the calories.**

Steps:

- Using your phone search up different foods that you eat and ask for the calories
- If you have a Samsung phone there is a built in health and fitness app
- I want you to calculate your daily calorie intake

Make sure your completed food log is handed in by the end of the block

THE GOOD, THE BAD AND THE UGLY

Calories are important, but they are not all made equal

- Calories that are obtained from foods high in fat increase cholesterol and therefore the risk of heart disease and the chance of having a heart attack
- Calories that are obtained from foods high in sugar increase your risk of getting diabetes
- Good calories are obtained from nutritious foods for example strawberries and whole wheat bread.

Make a list of 10 nutritious foods in pairs and hand them in

NUTRITION ACTIVITY

Let's consider calories in terms of health

- Using one of the nutrition labels determine if the calories are healthy or unhealthy
- Explain why you believe this to be the case

NOTE: Must repeat this activity for 4 food labels and needs to be handed in by the end of the block



SOURCES

<http://www.eatrightontario.ca/en/Articles/Nutrition-Labeling/Decoding-the-Nutrition-Label.aspx>