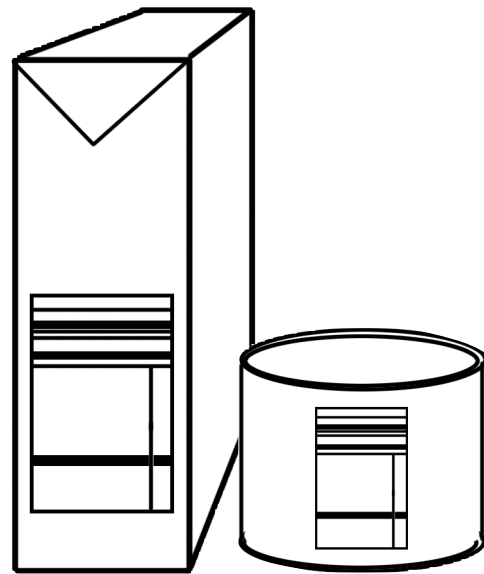


Using Food Labels to Make Healthy Food Choices

Food labels are a wealth of information! They can help us make healthy choices when deciding what foods to purchase and eat. Your child has been learning how to read and interpret the information on a food label. Have your child describe what he or she knows about the food label below.



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3 g	15%
<i>Trans</i> Fat 3 g	
Cholesterol 30 mg	
10%	
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%



Family Activity

Select two foods your family eats frequently. Look at the food labels. Have your child help you interpret the information. Here is a worksheet we used in class to help you.

In order to lower the risk of chronic disease and promote health, the U.S. Department of Agriculture has developed the “Dietary Guidelines for Americans, 2005.” A copy is available online at www.healthierus.gov/dietaryguidelines.

For more information on how to use the information found on food labels, visit the U.S. Food and Drug Administration website: www.cfsan.fda.gov/~dms/foodlab.html.

For more information about the amounts of foods recommended for different ages, genders, and activity levels, visit www.mypyramid.gov.

	Food Label #1	Food Label #2
Name of Food		
Serving Size		
Number of Servings		
Calories Per Serving		
Nutrients With Less Than 5% [Look at the Percentage of Daily Value]		
*Nutrients With More Than 20% [Look at the Percentage of Daily Value]		
	Circle Yes or No	Circle Yes or No
**Does it contain 20% or more:		
fiber	yes no	yes no
calcium	yes no	yes no
potassium	yes no	yes no
vitamin A	yes no	yes no
iron	yes no	yes no
**Does it contain 5% or less:		
saturated fats	yes no	yes no
trans fats	yes no	yes no
added sugar	yes no	yes no
	Circle the Grade You Give This Food	Circle the Grade You Give This Food
	A B C D E F	A B C D E F

*If the food label states that a food provides more than 20% of a nutrient, it is a nutrient-rich food. We need to eat more of these foods rather than those low in nutrient content.

**The 2005 Dietary Guidelines encourages us to increase fiber, calcium, potassium, vitamin A, vitamin C and iron in our diets. Limiting foods that contain saturated fats, trans fats, cholesterol, salt, and added sugar is recommended.

