

Session 6 – Nutrition Labels

I. Objectives

- Learn how to read a nutrition label
- Identify nutrients

II. Introduction

Nutrition labels are crucial tools that must be understood in order to make a healthy decision. They can be confusing and misinterpreted. In this lesson we will discuss the importance of nutrition labels and how we can use them for our benefit.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

Reading and understanding nutrition labels can help the client make a healthier choice. See the sample label on the right hand page.

Start with the serving size located at the top of the label. This will determine the amount of food per serving or per package. (1)

Take notice of how many **calories** are in the package/serving size. This will help to determine how much of the product the client should consume.

The following nutrients should be limited (2):

Total Fat – There are 9 calories per gram of fat. This product has 10 grams per serving (90 cal). Aim for 5 grams or less of fat per serving (45 cal or 28% of 160 total calories).

Saturated fat (unhealthy fat) – This product has 2.5 grams per serving. Aim for ≤6% of total calories which in this product it would be ≤9.6 calories. If there are 9 calories in each gram of fat then 2.5 grams has 22.5 calories per serving. It is too much.

Unsaturated fats (healthy fats) – This product has 7.5 grams (total fat 10 – sat fat 2.5). Aim for 5 grams of fat per serving.

Salt (sodium) – This product has 290 mg per serving. Aim for no more than 5% of the Percent Daily Value (DV). In this product the DV % is 12 which is too high.

Sugar – This product has 1 gram per serving. Aim for 5% DV with total carbohydrates.

Carbohydrate goal is 45 - 65% of total calories per meal.

1 serving = 15 grams carbohydrate

Complex carbohydrates (good carbs) whole grains, 100% whole wheat.

Get enough of these nutrients (3):

Fiber – 1 g per serving (recommend 25 – 30 grams per day)

Protein – 2 g per serving (recommend 0.8 grams of protein per kilogram of body weight per day or 0.37 grams per pound)

Choose lean proteins (contain less saturated fat):

- Chicken breasts
- Tuna
- Lean Ground Beef

Vitamins – This product contains 0 – 2%. Aim for 20% of the DV.

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The ingredients:

- The first ingredient will tell you what the product mainly consists.
- 5 ingredients or less is key. Anything more is too processed
- Stay away from partially hydrogenated oils – these oils act like trans-fat and lead to weight gain.

Sugar Alcohols: (Sugar Free)

- Known as artificial sweetener, are not fully digested by the body which is why they contribute fewer calories to your diet.
- "Sugar free" does not mean they are carbohydrate or calorie free.

V. Activity

Cut out 3 labels to bring in at the next session for review.



Sample Label:



Reading Food Labels
Tortilla Chips

Nutrition Facts
Serving Size 1oz (28 gm/About 9 pieces)
Servings Per Container About 4

Amount Per Serving	
Calories 160	Calories from fat 90
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 2.5g	13%
Cholesterol 0 mg	0%
Sodium 290 mg	12%
Total Carbohydrate 15 g	5%
Dietary Fiber less than 1 g	0%
Sugars 1 g	
Protein 2 g	
Vitamin A 0% *	Vitamin C 0%
Calcium 0% *	Iron 2%

1. Start here (gray)

2. Limit these nutrients (violet)

3. Quick guide to % DV 5% or less is low, 20 % or more is high (yellow)

4. Get enough of these nutrients (green)

Vitamins

Minerals

5. (purple)

Ingredients: White corn, partially hydrogenated soybean oil and/or canola oil and salt.