Oh, The Things It Can Tell You!

The Nutrition Facts Panel on food packages tells you many things about the food inside. Use food labels to make healthy food choices.

**Serving Size** – Always check the serving size. The information listed is for one serving. Is that how much you eat? If you eat twice as much, you need to double the values listed for all the nutrients.

**Calories** – Your body gets calories from food and uses up calories in physical activity. Balance your daily calorie intake with calorie-burning physical activity.

**Fat** – Eating foods low in saturated fat and trans fat can protect you from heart disease.

**Fiber** – Fiber helps lower blood cholesterol and keeps the intestinal tract clean. Try to get 25 – 35 grams of fiber a day. Whole grains, beans, fruits and vegetables have a lot of fiber.

**Sugar** – Choose foods low in added sugar.

**Vitamins & Minerals** – Choose foods that are high in vitamins and minerals.

### Session 5 Label Lingo Taste Test

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (\frac{1}{2}) cup (120 g)</td>
</tr>
<tr>
<td>Servings Per Container 8</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat 8g</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 290mg</td>
</tr>
<tr>
<td>Total Carbohydrate 28g</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
</tr>
<tr>
<td>Sugar 12g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
</tbody>
</table>

*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
- **Saturated Fat**: Less than 20g 25g
- **Cholesterol**: Less than 300mg 300mg
- **Sodium**: Less than 2,400mg 2,400 mg
- **Total Carbohydrate**: 300g 375g
- **Dietary Fiber**: 25g 30g

Calories per gram:  
- Fat 9  
- Carbohydrate 4  
- Protein 4
Wise Shopper Tips

- Plan meals and snacks for the week and make a list before going to the store.
- Stick to your list! Don't buy extras unless you really need them.
- Use coupons only for foods that you usually buy—otherwise you're not saving money, you're spending more!
- Shop only once a week. The more you shop, the more you spend.
- Don't shop if you're hungry—or you'll end up buying food you don't really need.

Parent's Corner

Bite Size Matters... When children are given large portions of food, they tend to take bigger bites. And children who take bigger bites are more likely to be at risk of overweight. Help your child learn good eating habits:
- Serve small portions to start with and let your child ask for more if s/he is still hungry.
- Encourage children to take small bites and eat slowly, enjoying the taste of their food.

Just Do It!

Let your kids help you divide snack foods into baggies for quick after school snacks. When you get home from the grocery store have your child use a measuring cup, or count out the pieces in a serving--put in baggies or containers.

When children get home from school allow them to have just one or two portions. This will keep them from eating the whole bag of potato chips while watching television, or munching on crackers while they're doing their homework until they have ruined their appetite for dinner. It will also help them get used to using the Nutrition Facts Panel.

Kid's on the Move!

Watching T.V. together? During commercials, take turns letting each family member lead a physical activity. Make a game of being active, rather than going to the kitchen for a snack.