



# NUTRITION IN ME! - NEWS PARENTS CAN USE

## Session 5

## Label Lingo

## Taste Test

### 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.

Nutrition Facts			
Serving Size ½ cup (120 g)			
Servings Per Container 8			
Amount Per Serving			
Calories	200	Calories from Fat	72
Total Fat	8g	12%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	290mg	12%	
Total Carbohydrate	28g	9%	
Dietary Fiber	3g	11%	
Sugar	12g		
Protein	4g		
Vitamin A	15%	Vitamin C	10%
Calcium	30%	Iron	4%
*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	20 g	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.



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6<sup>th</sup> St, Suite 550, Bremerton WA 98337- (360)-337-7157 #6264, [jlevenson@wsu.edu](mailto:jlevenson@wsu.edu) at least two weeks prior to the event.

### 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.