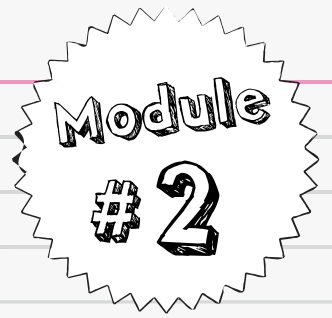


Intro: Making Healthy Food Choices



This module is designed to introduce the fundamentals of meal planning, including: reading food labels, understanding portion size, and the importance of getting the recommended daily amounts of nutrients needed from each food group. We will begin with an overview of how to read a food label (*PowerPoint Presentation*). Using food models and real food packaging labels, you will learn how to make healthy choices when planning meals and choosing snacks. The activities, games, and handouts included in this module reinforce the lessons being taught.

Nutrition Facts Label

The nutrition facts label shows you how much of a product equals one serving, as well as what nutrients (*the components of food your body uses to grow and stay healthy*) and how much of those nutrients are found in *one* serving of a product. The information on the label can be used to help you make good choices about the foods you eat. Nutrition labels are located on the outside of most food packages; but they aren't on most fresh foods (*such as fruits and vegetables*).

During this session, you'll find out that the important place to start when looking at a food label is the serving size. The amount of each nutrient (*listed on the label*) is what is found in **one serving** or portion of that food, **not in the whole container**. This is important, because if you don't know the correct amount in one serving size, you won't know the amount of nutrients you are actually eating. You don't have to keep track of everything you eat, but looking at food labels occasionally will keep you informed and will help you teach others how to make healthy choices.

Check out the nutrition facts label handout located later on in this module to find which nutrients are listed on food labels, and why your body needs them.

Portion Size

Healthy eating is about choosing a variety of foods from all the food groups. Keep in mind, though, the *amount* you eat matters, too. A portion of food is how much of it you actually eat, which may be different from the serving size listed on the nutrition facts label. For example, the serving size of cereal (*listed on the label*) may be 1 cup, but you may eat more or less, depending on how hungry you are. During this module, you will learn easy ways to eyeball portion size. For visual examples, check out the Portion Size handout located at the end of this module.