Making Healthy Food Choices

GOAL: Participants will gain an understanding of how to read food labels and learn what food portions and serving sizes look like. Each participant will be able to identify snacks that are both healthy and portable. At the end of this module, participants will be able to select healthy food options when planning meals at home and when eating out.

POWER POINT PRESENTATION:

How to Read the Nutrition Facts Label

ESTIMATED TIME:

60 minutes

MATERIALS NEEDED:

PowerPoint presentation, real food labels (or empty boxes) from items such as granola bars, cereal, or juice boxes

HANDOUTS NEEDED:

Nutrition Facts Label Portion Guide

GAMES & ACTIVITIES:

Name That Nutrient, Know Your Nutrients, Extreme Meal Makeover

PREPARATION:

Collect food labels/boxes from a variety of food products.

Choose an icebreaker and 1-2 games. Copy all necessary handouts for participants.

DIRECTIONS FOR FACILITATOR

- 1. Explain to the participants that they will be learning how to read food labels.
- 2. Have participants introduce themselves.
- 3. Ask the group if they are familiar with nutrition facts labels.
- Explain that most food products in grocery stores have nutrition information listed, except for fresh fruits, veggies, and some raw meats.
- 5. Start the PowerPoint presentation.
- 6. Refer to the "Talking Points" to help you narrate the presentation.
- 7. At the end of the presentation, discuss it with the group.
- 8. Start the game(s) and/or activities that you have selected.
- When the game(s)/activities have ended, pass out the evaluation forms and collect them when participants have finished filling them out.

Welcome to the Center for Young Women's Health

Project Healthy Lifestyle Module 2: Making Healthy Food Choices How to Read the Nutrition Facts Label

Children's Hospital Boston

SLIDE 1

Servings Per Container

- This is the number of servings that are in the entire package
- To find out the total amount of nutrients in the package, multiply each nutrient amount by the number of servings per container
- Example: If there are 3 servings per container and the serving size is 1 cup, the whole package contains 3 cups

SLIDE 4



What is a Food Label? · Also called the "nutrition facts" label • A tool that helps you choose the foods you want to eat · Required to be on food packaging Children's Hospital Boston

SLIDE 2

· Calories are units of

energy

Calories

- · In food, calories come from carbohydrate, protein and fat
- Our bodies need calories to work

Total Fat Saturated Fat Polyunsaturated Fat Monounsatu Cholesterol Sodium Sodium Total Carbohydrate Suga Carb nt Dialy Values are based on a 2,000 calorie diet ally values may be higher or low er depending on 2,400 375 g 30 a er gram arbohydrate 4

Nutrition Facts

Amount Per Servin

SLIDE 5



Serving Size

- · The important starting point when reading a label
- This shows you how much ٠ food is equal to one serving
- It is the base volume for all the nutrient values on the label, such as the number of grams of protein and the percentage of vitamins and minerals

Servings Per Contain	ner	
-		
Amount Per Serv	ring	
Calories	Calories fr	om Fat
		% Daily Value*
Total Fat		
Saturated Fat		
Polyuns aturated F	Fat	
Monounsaturated	Fat	
Cholesterol		
Sodium		
Total Carbohydr	ate	
Dietary Fiber		
Sugars		
Other Carb.		
Other Carb.		
Other Carb. Protein	Vitamin C	
Other Carb. Protein Vitamin A	Vitamin C	
Other Carb. Protein Vitamin A Calcium	Iron	
Other Carb. Protein Vitamin A Calcium Percent Dialy Values ar four daily values may be	Iron e based on a 2,0	100 calorie diet.
Other Carb. Protein Vitamin A Calcium Percent Dialy Values ar / our daily values may be our calorie needs	Iron e based on a 2,0 higher or low er	000 calorie diet. depending on
Other Carb. Protein Vitamin A Calcium Percent Dialy Values ar /our dally values may be our calorie needs Calories	Iron e based on a 2,0 higher or low er 2,000	000 calorie diet. depending on 2,500
Other Carb. Protein Vitamin A Calcium Parcent Dialy Values an Your daily values may be our calorie needs Calories Total Fat Less than	Iron e based on a 2,0 higher or low er 2,000 65 g	000 calorie diet. depending on 2,500 80 g
Other Carb. Protein Vitamin A Calcium Percent Dialy Values an Our daily values may be Cabries Total Fat Less than Sat. Fat Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g	00 calorie diet. depending on 2,500 80 g 25 g
Other Carb. Protein Vitamin A Calcium Percent Daly Values ar our calovaneeds Calorie needs Calorie needs Calories Total Fat Less than Sal. Fat Less than Sal. Fat Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g 300 mg	000 calorie diet. depending on 2,500 80 g 25 g 300 rrg
Other Carb. Protein Vitamin A Calcitum Precent Daly Values ar /our daily values may be our a cloris needs our a cloris needs Total Fat Less than Cholesterol Less than Cholesterol Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g 300 mg 2,400 mg	000 calorie diet. depending on 2,500 90 g 25 g 300 mg 2,400 mg
Other Carb. Protein Vitamin A Calcitum Precent Daly Values ar /our daily values may be our a cloris needs our a cloris needs Total Fat Less than Cholesterol Less than Cholesterol Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g 300 mg	000 calorie diet. depending on 2,500 80 g 25 g 300 rrg
Other Carb. Protein Vitamin A Calcitum Precent Daly Values ar /our daily values may be our a cloris needs our a cloris needs Total Fat Less than Cholesterol Less than Cholesterol Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g 300 mg 2,400 mg	000 calorie diet. depending on 2,500 90 g 25 g 300 mg 2,400 mg
Other Carb. Protein Vitamin A Calcium Percent Dialy Values and our cally values may be cource lorie needs Calories Total Fat Less than Choisterol Less than Choisterol Less than Sodium Less than	Iron e based on a 2,0 higher or low er 2,000 65 g 20 g 300 mg 2,400 mg 300 g	000 calorie diet. depending on 2,500 80 g 25 g 300 mg 2,400 mg 375 g

Total Fat	Nutrition Serving Size Servings Per Contai		5
	Amount Per Ser	ving	
Fat is an important	Calories	Calories f	rom Fat
			% Daily Val
nutrient	Total Fat		
	Saturated Fat		
	Polyunsaturated	Fat	
t graates hermones and	Monounsaturated	Fat	
t creates hormones, and	Cholesterol		
nelps you to feel	Sodium		
	Total Carbohyd	ate	
ull after eating	Dietary Fiber		
and an and the second se	Sugars		
	Other Carb.		
Fotal, saturated & trans	Protein		
		0.5	
at will always be listed on	Vitamin A	Vitamin (2
he food label; mono and	Calcium	Iron	
	* Percent Dialy Values a		
ooly unsaturated fat may	Your daily values may be your calorie needs	a higher or lowe	r depending of
also be listed	Calories	2.000	2.500
also be listed	Total Fat Less than	65 g	80 g
	Sat Fat Lessthan	20 g	25 g
	Cholesterol Lessthan Sodium Lessthan	300 mg 2.400 mg	300 mg 2.400 mg
	Total Carbohy drate	300 g	375 g
	Dietary Fiber	25 g	30 g
	Calories per gram	and a standard of	Distais 4
	Fat 9 Car	ohydrate 4	Protein 4

SLIDE 6

Fats

Saturated Fat

- It is sometimes called the "unhealthy" fat
- Eating too much saturated fat may lead to heart disease
- Saturated fats are commonly found in animal sources such as meat and dairy

Fats

Monounsaturated Fats

· These fats keep your heart

include essential omega 3

• These can be found in fish such as salmon

Polyunsaturated &

· Polyunsaturated fats

and omega 6 fats

healthy

Calories			
		Calories fr	om Fat
		2	% Daily V
Total Fat			50
Saturated	Fat		
Polyunsat	turated F	at	
Monounsa			
Cholester	ol		
Sodium			
Total Carl	ohvdr	ate	
Dietary Fi	her		
Sugars			
Other Car	h		
Protein			
		_	
Vitamin A		Vitam in C)
Calcium		Iron	
Calcium Percent Dialy V Cour daily value	esmay be ads	based on a 2,1 higher or low er	000 calorie c depending
Calcium Percent Dialy V /our daily value rour calorie nee Ca	es may be	Iron based on a 2,1	000 calorie c
Calcium Percent Diały V /our dały value rour calorie nee Ca Total Fat Le	esmay be ads ilories	Iron based on a 2,1 higher or low er 2,000	000 calorie c depending 2,500
Calcium Percent Diały V /our dały value rour calorie nee Ca Total Fat Le	es may be ads alories ss than ss than	Iron based on a 2,1 higher or low er 2,000 65 g	000 calorie c depending 2,500 80 g
Calcium Percent Diaty V / our daity value rour calorie nee Ca Total Fat Le Sat. Fat Le Cholesterol Le Sodium Le	es may be eds lories ss than ss than ss than ss than	Iron based on a 2,1 higher or low er 2,000 65 g 20 g 300 mg 2,400 mg	2,500 80 g 25 g 300 mg 2,400 mg
Calcium Percent Dialy V / our daily value our calorie nee Ca Total Fat Le Sat. Fat Le Cholesterol Le Sodium Le Total Carbohyd	es may be ada lories ssthan ssthan ssthan ssthan ssthan rate	Iron based on a 2,1 higher or low er 2,000 85 g 20 g 300 mg 2,400 mg 300 g	2,500 2,500 80 g 25 g 300 mg 2,400 mg 375 g
Calcium Percent Diaty V / our daity value rour calorie nee Ca Total Fat Le Sat. Fat Le Cholesterol Le Sodium Le	es may be ads lories ss than ss than ss than ss than rate	Iron based on a 2,1 higher or low er 2,000 65 g 20 g 300 mg 2,400 mg	2,500 80 g 25 g 300 mg 2,400 mg

Nutrition Facts

Amount Per Serving

Total Carbohydrate

arbohydrate 4

Children's Hospital Bostor

Protein

tary Fiber

Total Fat

Sodiun

Dietary Sugars Other

Saturated F Polyunsatu Monounsat Cholesterol

SLIDE 7

Cholesterol is only found in animal products Eating large amounts of cholesterol rich foods may lead to heart disease

Sodium

· Sodium is found in salt

· Our hearts and kidneys

help stay healthy

Consuming too much

blood pressure

sodium may lead to high

need some sodium to

Nutrition Facts

Amount Por Service Calones Calones from Fat No Daily Value? % Daily Value? Saturated Fat % Daily Value? Point Fat Monoursaturated Fat Point Carbohytrate Batanated Fat Distary Fate Batanated Fat Cher canbo Conter Canbo Cateling Fate Batanated Fat Sugars Cateling Fate Sugars Cateling Fate Sugars Cateling Fate Sugars 2000 250 Cateling Fate 200 250 Sugars 2000 250 </tr

SLIDE 10

Serving Size		
Servings Per Conta	liner	
Amount Per Se	rving	
Calories	Calories fi	rom Fat
		% Daily Value
Total Fat		
Saturated Fat		
Polyunsaturated	Fat	
Monounsaturate	d Fat	
Cholesterol		
Sodium		
Total Carbohyo	Irata	
Dietary Fiber	nate	
Sugars Other Carb		
Protein		
Vitamin A	Vitamin (
Calcium	Iron	2
* Percent Dialy Values :		DDD coloria diat
Your daily values may I		
your calorie needs		
Calories	2,000	2,500
Total Fat Less than		80 g
Sat. Fat Less than		25 g
Cholesterol Less than		300 mg
Sodium Less than		2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram	the build and a d	Distants of
Fat 9 Ca	rbohydrate 4	Protein 4

SLIDE 11

Total Nutrition Facts Carbohydrates Sering Size • Carbohydrates in food Calofies in Calofies in Good come from fiber, sugars and other starches Saturated Fat • Carbohydrates are broken down into sugar during digestion Other Calo

 They are the main source of energy for the brain

Serving Ster Serving Per Container Amount Per Serving Calories from Fat % Daily Value* Total Fat Polyunsaturated Fat Polyunsaturated Fat Monounsaturated Fat Cholesterol Sodium Total Caribohydrate Dietary Fiber Sugars Other Carb. Protein Vitamin A Vitamin C Calcium Total Set Sugars Other Carb. Protein Sat Fat Less than 20 g Cholesterol Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Cholesterol Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Sat Fat Less than 20 g Calcium Total Carbohydrate A Calcium Calciu

Children's Hospital Bostor





SLIDE 8

Fats

Trans Fat

- Is used to make many processed foods such as baked goods and fast foods such as french fries
- Eating *trans* fat may lead to heart disease
- Aim to limit *trans* fat from your diet

Serving Size		
Servings Per Contain	er	
Amount Per Serv	ing	
Calories	Calories fr	om Fat
		% Daily Value
Total Fat		
Saturated Fat		
Polyunsaturated F	at	
Monounsaturated	Fat	
Cholesterol		
Sodium		
Total Carbohydra	nte	
Dietary Fiber		
Sugars		
Other Carb.		
Protein		
NAC OF MALEROOT		
Vitamin A	Vitamin C	>
Calcium Iron		
* Percent Dialy Values are		
Your daily values may be	higher or low e	r depending on
your calorie needs Calories	2.000	
Total Fat Less than	2,000 65 g	2,500 80 a
Sat Fat Less than	20 g	25 g
Cholesterol Less than	300 mg	300 mg
Sodium Less than	2.400 mg	2.400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 a
Calories per gram		
Fat 9 Carb	ohydrate 4	Protein 4

Total Carbohydrate

Fiber

- Creates "bulk" in our diet
- Is needed to help keep our bowels regular
- Helps to keep us feeling full

Servings Per Contain		
Amount Per Serv	ring	
Calories	Calories fr	om Fat
		% Daily Valu
Total Fat		
Saturated Fat		
Polyunsaturated F	at	
Monounsaturated	Fat	
Cholesterol		
Sodium		
Total Carbohydra	ate	
Dietary Fiber		
Sugars		
Other Carb.		
Protein		
0.0.00000		
Vitamin A	Vitamin C	2
Calcium	Iron	
Percent Dialy Values are		
four daily values may be	higher or low er	depending on
our calorie needs Calories	2.000	2.500
Total Fat Less than	2,000 65 g	2,500 80 g
Sat Fat Less than	20 g	25 g
Cholesterol Less than	300 mg	300 mg
Sodium Less than	2.400 mg	2.400 ma
Total Carbohydrate	300 a	375 g
Dietary Fiber	25 a	30 a
Calories per gram		
	ohvdrate 4	Protein 4

SLIDE 13

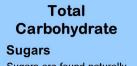
% Daily Value

- This is based on an average amount of 2,000 calories a day
- This number shows you the total percentage of each nutrient provided by one serving

Nutrition Facts

Calories	Calories fr	om ⊩ac % Dailv Value
Total Fat	41	% Daily value
Saturated Eat		
Polyunsaturated F		
Monounsaturated	⊦at	
Cholesterol		
Sodium		
Total Carbohydr	ate	
Dietary Fiber		
Sugars		
Other Carb.		
Protein		
Vitamin A	Vitamin C	
Vitamin A Calcium	Vitamin C	;
	Iron	
Calcium * Percent Dialy Values an Your daily values may be	Iron e based on a 2,	000 c alorie diet.
Calcium Percent Dialy Values an Your daily values may be your calorie needs	iron e based on a 2, higher or low e	000 calorie diet r depending on
Calcium * Percent Dialy Values an Your dally values may be your calorie needs Calories	Iron e based on a 2, higher or low e 2,000	000 calorie diet. r depending on 2,500
Calcium * Percent Dialy Values an Your dally values may be your calorie needs Calories Total Fat Less than	Iron e based on a 2, higher or low e 2,000 65 g	000 calorie diet. r depending on 2,500 80 g
Calcium * Percent Dialy Values an Your daily values may be your calorie needs Calories Total Fat Less than Sat. Fat Less than	Iron e based on a 2, higher or low e 2,000 65 g 20 g	000 calorie diet. r depending on 2,500 80 g 25 g
Calcium * Percent Dialy Values an Your daily values may be your calorie needs Calories Total Fat Less than Sat. Fat Less than Cholesterol Less than	Iron e based on a 2, higher or low e 2,000 65 g 20 g 300 mg	000 c alorie diet. r depending on 2,500 80 g 25 g 300 mg
Calcium * Percent Daly Values an Your dally values may be your calorie needs Calories Total Fat Less than Sat, Fat Less than Cholesterol Less than Sodium Less than	2,000 65 g 200 mg 2,400 mg 2,400 mg	000 c alorie diet. r depending on 2,500 80 g 25 g 300 mg 2,400 mg
Calcitum Percent Dialy Values an Your dally values may be your cakrie needs Calories Total Fat Less than Cholesterol Less than Sodium Less than Total Carbohy drate	Iron e based on a 2, higher or low e 2,000 65 g 20 g 300 mg 2,400 mg 300 g	000 c alorie diet. r depending on 2,500 80 g 25 g 300 mg 2,400 mg 375 g
Calcium Percent Dialy Values and Your daily values may be your calorie needs Calories Total Fat Less than Sat, Fat Less than Cholesterol Less than Sodium Less than	2,000 65 g 200 mg 2,400 mg 2,400 mg	000 c alorie diet. r depending on 2,500 80 g 25 g 300 mg 2,400 mg

SLIDE 16



- Sugars are found naturally in some foods and added to other foods
- They are found naturally in foods such as fruit, vegetables, and dairy products
- They are added to some foods such as breads, cakes, and cookies

Protein

infection

of energy

Protein is used to build muscle and to fight

· Protein is also a source

SLIDE 14

Serving Size Servings Per Contain	er	
Amount Per Serv		
Calories	Calories fr	
		% Daily Value
Total Fat		
Saturated Fat		
Polyunsaturated F		
Monounsaturated	Fat	
Cholesterol		
Sodium		
Total Carbohydra	ite	
Dietary Fiber		
Sugars		
Other Carb.		
Protein		
Vitamin A	Vitamin C	2
Calcium	Iron	
Percent Dialy Values are		
our daily values may be	higher or low er	depending on
our calorie needs Calories	2 00.0	0.500
Total Fat Less than	2,000 65 g	2,500 80 g
Sat Fat Less than	20 g	25 a
Cholesterol Less than	300 ma	300 mg
Bodium Less than	2.400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 0	30 a
Calories per gram	259	509
	ohvdrate 4	Protein 4

Vitamins and Minerals

- The label tells you the percentage of vitamins (vitamins A and C) and minerals (calcium and iron) that are in the product
- These four nutrients are required to be on the label, but other vitamins and minerals may also be listed

Sustainability Sustai

SLIDE 17



SLIDE 15

SLIDE 18

PowerPoint Talking Points

SLIDE 1_INTRODUCTION

Read the title. Pass out food labels from products. These will be referred to as "handout labels".

SLIDE 2_WHAT IS A FOOD LABEL?

Show the slide, then ask:

"Did you know it's a law that nutrition facts labels have to be printed on food products?"

Ask the participants to raise their hand if they look at the nutrition facts label before they buy a product. If participants raise their hands, give positive feedback by saying, "It's great that you have checked out some of the food that you are eating. It can help you make healthy choices."

SLIDE 3_"SERVING SIZE"

This is the important starting point when reading the nutrition facts label.

Ask the group to look at their handout label and find the serving size information.

Go around the room and have each participant tell the rest of the group the serving size on their handout label. Reinforce that each food typically has a different serving size. Ex. "You're right, the serving size for Product A cereal is 1 cup, but the serving size of Product B cereal is $\frac{3}{4}$ of a cup."

Explain that all of the nutrient information on the nutrition facts label *(protein, calcium, etc.)* is calculated based upon the listed serving size amount.

SLIDE 4_SERVINGS PER CONTAINER

Before showing the answers, ask:

"How many servings do you think are in the container for your food product?"

Show the slide, and ask everyone to look at their handout label.

Have each participant tell the group how many servings per container are on their handout label. Tell them that there is a lot of variability regarding servings per container. Remember, if you buy a king size portion of food (*such as a candy bar*) it will likely have more than two servings.

Reinforce the concept that certain foods may look like they are only one serving; however, the label might state that there are actually two servings per container. It is important to remember that if you are eating or drinking the entire package, you should multiply all listed values by the number of servings per container.

SLIDE 5_CALORIES

Ask the group if they know what a calorie is, then ask for a volunteer to tell the group the definition. A correct response may be "a unit of energy".

Ask the group to look at their handout label and read the calories for their food. Be sure to highlight this area on the label for all participants to see.

SLIDE 6_TOTAL FAT

Ask:

"Do you know why we need to include dietary fat in our diets?" Show the answers and explain to the group that fat is necessary to create hormones, and helps you feel full after eating. Note that total fat, saturated fat, and *trans* fat will always be listed on the label. Monounsaturated and polyunsaturated fat may not be listed.

SLIDE 7_FATS: SATURATED FAT

Ask:

"Is saturated fat good for you, or not?" Show the slide, and explain that although we need some saturated fat, this type of fat is a less healthy option and we want to limit our intake of it. Too much saturated fat may lead to heart disease.

Explain to the group where they may find saturated fats - mainly animal products such

as meat/dairy and also some plant foods such as coconut oil.

SLIDE 8_FATS: POLYUNSATURATED & MONOUNSATURATED FAT

Explain that these types of dietary fats are healthier options.

Ask the group if their handout labels have mono or polyunsaturated fat listed. Explain that these fats come from sources such as fish like salmon.

SLIDE 9_TRANS FAT

Ask:

"Do you know what *trans* fat" is and if it is a good fat or a bad fat?

Show the slide, and explain that *trans* fat is found in margarines and some processed foods (*such as baked goods and fried food*). Stress that it is an unhealthy fat, and should be avoided.

SLIDE 10_CHOLESTEROL

Ask:

"Do you think it's important to watch your cholesterol intake, and why?"

Ask the group to look at their handout labels to check for cholesterol, and have them read the amounts aloud.

Review the slide. Cholesterol is found only in animal products. Certain baked goods may also have cholesterol because they are made with eggs, butter, or both. Explain to the group that eating a diet that is high in cholesterol can put a person at risk for heart disease.

SLIDE 11_SODIUM

Ask the group if they like salty foods, and if they choose salty treats (such as chips or pretzels) over sweet treats (such as cake, cookies, or candy).

Review the slide. Sodium is a component of salt. Explain to the group that sodium is used to preserve food, so you will find more sodium in canned or processed foods. We need to eat/drink some sodium, but too much isn't healthy and could lead to high blood pressure.

SLIDE 12_TOTAL CARBOHYDRATE

Ask:

"What are your favorite foods that contain carbohydrates?"

Acknowledge responses and then show the slide. Explain that carbohydrates include fiber, sugars, and other starches. They are broken down into sugar during digestion, and are the main source of energy for our muscles and brain.

SLIDE 13_TOTAL CARBOHYDRATE

Review the slide. Fiber creates bulk in our diet. You should consume at least 26 grams of fiber each day. Grams of fiber are listed on most food labels.

SLIDE 14_TOTAL CARBOHYDRATE:

Ask the group to look at their handout labels to see if their food has sugar. If so, have them read the amounts aloud.

Show the slide, and explain that sugars are found naturally in some foods (such as fruit, milk, or yogurt), and are added to other foods (such as candy, cakes, and cookies).

SLIDE 15_PROTEIN

Ask:

"Why do you need to include protein in your diet?"

Correct responses may include: "Protein is used to build muscles, fight infection, and is a source of energy."

Ask the group to give examples of foods that contain protein. Correct answers include: meat, eggs, protein energy bars, yogurt, cheese, and milk.

SLIDE 16_% DAILY VALUE

Show the slide, and ask the group to find the percentage daily value on their label. Explain that the percentage daily value is based on the nutrient needs of someone who eats 2,000 calories per day.

Ask the group to share the % daily value of calcium in their product.

SLIDE 17_VITAMINS, MINERALS

Show the slide. Explain that vitamins A and C and the minerals calcium and iron are listed on the nutrition facts label. The percentages listed tell us what percent of our daily recommended value is in the food.

Other vitamins or minerals may be listed on the food label if the manufacturer chooses to add them. Foods that are fortified with vitamins and minerals (*such as cereal or energy bars*) will often have the vitamins and mineral values listed.

SLIDE 18_FINAL SLIDE

Review the key points and ask if anyone has any questions.

Thank the group for paying attention and for participating in the discussion. Ask if the group has any questions. Pass out the guides: Nutrition Facts Label Portion Guide