



4-H NUTRITION, HEALTH & FITNESS ACTIVITY PAGE

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Intermediate

Your 4-H Focus on Food Labels

Food labels are a good source for nutrition information about foods you buy. Take the time to study the food label and compare foods so you will get the one that is most nutritious. This activity sheet will help you learn how to use the food label.

What you will be able to do:

- Understand the percent Daily Value (DV) on the Nutrition Facts label.
- Use the food label to compare foods.
- Compare how the nutritional value of potatoes changes based on how they are prepared, portion size, cooking technique and add-ons.
- Share what you learn about food labels with others.
- Use other resources to learn more about food labels.
- Other _____



Did you know...

- USDA regulates food labeling on meat and poultry; FDA regulates labeling of other foods.
- In 1994, food labels were revised to reflect today's health concerns.
- Nutritional labeling is mandatory for most packaged food.
- Ingredient labels are required on all foods with more than one ingredient. The ingredients are listed in descending order of weight.

Food for thought:

- Life is full of choices you make about foods you eat. The quality of your life depends on the choices that affect your body, mind and inner self.
- Eat different kinds of foods. You'll improve your chances of getting the many nutrients your body needs for growing strong and healthy.
- Eating too much may add up to more energy (calories) than your body can use to grow and move. Extra calories are turned into body fat.
- Eating too little may not give you the nutrients you need to stay healthy. Physical activity helps you burn calories so you can eat enough to get the nutrients you need without gaining too much weight.

The "5-20" Guide

Helps you compare nutrients in similar foods and judge how a food's nutrients contribute to what you eat each day.

- ⇒ 5 percent DV or less is low. Choose foods with a low percent DV for nutrients you want to eat less of, such as cholesterol, saturated fat and total fat.
- ⇒ 20 percent DV or more is high. Choose foods with a high DV for foods you want to consume more of, such as, calcium, fiber, vitamin C, vitamin A or iron.

1. Using the 5-20 rule, are any of the foods in the Nutrition Scorecard (on next page) low in fat? If so, list them:
2. Using the 5-20 rule, are any of the foods in the Nutrition Scorecard a good source of:
 Calcium? If so, list them. Fiber? If so, list them. Vitamin C? If so, list them.
 Vitamin A? If so, list them. Iron? If so, list them. *(use a separate page to list answers)*

Dig Deeper. Define *nutrient-dense food*. Are any of the foods in the Nutrition Scorecard nutrient-dense foods?

4-H NUTRITION, HEALTH & FITNESS ACTIVITY PAGE

Demonstration Ideas:

- ⇒ Identify components on the food label. Discuss nutrients and the kind of information required. Explain why certain information is required for some nutrients but not for others.
- ⇒ Hand out several food packages and compare nutritional information.
- ⇒ Discuss why some foods are healthier choices than others.
- ⇒ Compare plain frozen vegetables and those with a sauce. Discuss the nutritional difference.
- ⇒ Compare various breakfast cereals for nutrient content.



Don't forget to submit your project report to your 4-H leader.

Career Scavenger Hunt

By asking others, researching on the Internet or reading a book or magazine—search for a job that uses nutrition skills and knowledge. Here's what you are looking for.

1. Job Title _____
2. Job Description _____

3. Education Required _____

Service Ideas

- Teach others how to use the food label to make healthy choices.
- Use the food label as a guide to put together a package of healthy foods to donate to families in need or to organizations that help families or individuals in need.

Nutrition Scorecard (use labels on supplemental pages)	%DV Total Fat	%DV Saturated Fat	%DV Cholesterol	%DV Fiber	%DV Vitamin C	%DV Vitamin A	%DV Iron
Potato, French fries, super size							
Potato, French fries, small							
Potato, baked, plain							
Potato, baked, with 1 Tbsp butter							
Potato, baked, with 2 Tbsp sour cream							
Potato, baked, 1 Tbsp butter, 2 Tbsp sour cream							
Potato, baked, 1/4 cup fat-free yogurt*							

*The serving size on the label is one cup. You will need to calculate the nutrients in a 1/4 cup serving.

Additional Resources

Making decisions is an important part of the nutrition, health & fitness project. This activity sheet has given you the opportunity to explore things to think about as you make food choices. You can find more information about food labeling at the following Web sites:

- How to Read and Understand the Nutrition Facts Label (updated, November 2004) <http://www.cfsan.fda.gov/~dms/foodlab.html>
- Office of Nutritional Products, Labeling, and Dietary Supplements (ONPLDS) (updated November 2004) <http://www.cfsan.fda.gov/~dms/onplds.html>
- What Do Food Labels Really Say? http://kidshealth.org/teen/food_fitness/nutrition/food_labels.html
- The 4-H nutrition, health & fitness Web page: <http://www.utextension.utk.edu/4h/projects/nutrition.htm>

Nutrition Scorecard

You make choices when you eat. The food label can help you make healthier choices. Compare the different potato choices to determine the healthiest choice.

*Reviewed by members of the state 4-H Youth Development staff
Edited by Amy Willis, Extension Program Assistant, and Wanda Russell, Publications Editor*

SUPPLEMENTAL PAGE*

Nutrition Facts		Potato, French fries, super size	
Serving Size 1 serving (176g)			
Servings Per Container 1			
Amount Per Serving			
Calories 540		Calories from Fat 230	
		%Daily Value*	
Total Fat	26g		40%
Saturated Fat	4.5g		23%
Cholesterol	0mg		0%
Sodium	350mg		15%
Total Carbohydrate	68g		23%
Dietary Fiber	6g		24%
Sugars	0g		
Protein	8g		
Vitamin A			0%
Vitamin C			35%
Calcium			2%
Iron			8%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts		Potato, French fries, small	
Serving Size 1 serving (68g)			
Servings Per Container 1			
Amount Per Serving			
Calories 210		Calories from Fat 90	
		%Daily Value*	
Total Fat	10g		15%
Saturated Fat	1.5g		8%
Cholesterol	0mg		0%
Sodium	135mg		6%
Total Carbohydrate	26g		9%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	3g		
Vitamin A			0%
Vitamin C			15%
Calcium			0%
Iron			2%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts		Potato, Baked, plain	
Serving Size 1 serving (202g)			
Servings Per Container 1			
Amount Per Serving			
Calories 220			
		%Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	51g		17%
Dietary Fiber	5g		19%
Sugars	3g		
Protein	5g		
Vitamin A			0%
Vitamin C			45%
Calcium			2%
Iron			15%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts		Butter	
Serving Size 1 tbsp (15g)			
Servings Per Container 8			
Amount Per Serving			
Calories 110		Calories from Fat 110	
		%Daily Value*	
Total Fat	12g		19%
Saturated Fat	8g		38%
Cholesterol	35mg		11%
Sodium	125mg		5%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A			10%
Vitamin C			0%
Calcium			0%
Iron			0%

*Percent Daily Values are based on a 2,000 calorie diet.

SUPPLEMENTAL PAGE

Nutrition Facts		Sour Cream
Serving Size 2 tbsp (24g)		
Servings Per Container 18		
Amount Per Serving		
Calories 50	Calories from Fat 45	
	%Daily Value*	
Total Fat 5g		8%
Saturated Fat 3g		16%
Cholesterol 10mg		4%
Sodium 15mg		1%
Total Carbohydrate 1g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 1g		
Vitamin A		4%
Vitamin C		0%
Calcium		2%
Iron		0%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts		Yogurt
Serving Size 1 cup (245g)		
Servings Per Container 1		
Amount Per Serving		
Calories 140		
	%Daily Value*	
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 5mg		0%
Sodium 190mg		8%
Total Carbohydrate 19g		6%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 14g		
Vitamin A		0%
Vitamin C		4%
Calcium		50%
Iron		0%

*Percent Daily Values are based on a 2,000 calorie diet.

Answers to Questions:

1. Using the 5-20 rule, are any of the above foods low in fat? If so, list them:
 Low fat foods:
 Potato, baked, plain
 Potato, baked, with 1/4 cup fat-free yogurt
2. Using the 5-20 rule, are any of the above foods a good source of:
 Calcium? — None (there is only 1/4 cup yogurt on the baked potato with fat-free yogurt and this amount will not supply 20 percent of the DV)
 Fiber? — French fries, super size
 Vitamin C? — French fries, super size (This would not be considered a nutrient-dense food because it provides 40 percent of the DV for total fat and 540 calories per serving.)
 Vitamin A? — None
 Iron? — None