## Learn to Read a Food Label



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WEIGHTLOSS
SOLUTIONS

## What is a Food Label, and Why is it Important?

- A food label is on any type of packaged food, and is a legal requirement in the U.S.
- It is used to tell the consumer what a food item contains
- It lists:
- Calories
- Macronutrients (Carbohydrates, Protein, and Fat)
- Vitamins -Not all vitamins are required to be listed, however, Vitamin D is required
- Minerals - Not all minerals are required to be listed, however, Calcium, Iron, and Potassium are required
- Added Sugar and Total Sugar
- Cholesterol
- Fiber

New Label


## Ingredient list vs. Nutrition Facts

## Ingredient List

A list that contains the foods
(ingredients) that make up a particular product or whole food.

## Nutrition Facts

The nutrients that are found in the ingredients that make up the product/food as a whole.


Note: The ingredient list is listed in descending order in the amount in which ingredient is found in the product. This means that the 1st ingredient makes up more of the product than the $2^{\text {nd }}$, which is more than the $3^{\text {rd }}$, etc.

| Nutrition Facts |  |
| :---: | :---: |
| 4 servings per container |  |
| Serving size 1 cup | 1 cup (140g) |
| Amount per serving Calories | 160 |
|  | \% Daily Value* |
| Total Fat 8 g | 10\% |
| Saturated Fat 3g | 15\% |
| Trans Fat 0g |  |
| Cholesterol Omg | 0\% |
| Sodium 60mg | 3\% |
| Total Carbohydrate 21g | 8\% |
| Dietary Fiber 3 g | 11\% |
| Total Sugars 15 g |  |
| Includes 5 g Added Sugars | Sugars 10\% |
| Protein 3g |  |
| Vitamin D 5mcg | 25\% |
| Calcium 20mg | 2\% |
| Iron 1mg | 6\% |
| Potassium 230mg | 4\% |
| *The \% Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |  |

## A Closer Look at \% Daily Value

- \% Daily Value (\% DV) Guide
- This number represents the percentage of how much a nutrient meets your daily nutritional needs.
> $5 \%$ or less = low source of a nutrient on the label
- 10 to $19 \%$ = a good source of a nutrient on the food label
- $20 \%$ or more $=$ a high source of a nutrient on a food label

NOTE: A "good source" does not always mean it is desirable when it comes to fat, cholesterol, sodium, sugar etc. (This is especially important to keep low in regards to heart health. Remember to keep \% DV low when it comes to these item-5\% or less.

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Ingredients: Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup.
Contains $2 \%$ or less of malt flavor, salt. CONTAINS WHEAT INGREDIENTS.

## How to Read a Food Label

## Top Things to Look For:

1. Serving Size!

Always know how much a serving size is. In this case it is $2 / 3$ of a cup, it is also listed in weight
2. Calories per serving

It's written in bold for you to find it easier 3. \% Daily Value (based on a 2,000 calorie goal per day)

This number represents the percentage of how much a nutrient meets your daily nutritional needs. In this case, this food/product is a low source of cholesterol and a high source of iron 4. Total Sugar

The total amount of sugar: added sugar + naturally occurring sugar
5. Added Sugar

This is the amount of sugar added to a food

## The New Food Label: What's Included?

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The new food label implemented several changes which include:
> 1. Serving size and servings per container are bigger and bold font
> 2. Calories per serving are bigger and bold font
$>3$. The percentage of the daily value help to determine if an ingredient is either high or low in a food
$>$ 4. Added sugars and total sugars
$>5$. Calcium is included and shows the exact number of milligrams (mg) and Vitamin A and Vitamin C have been removed
> 6. The explanation of the Daily Value \% has changed slightly

| OLD LABEL | NEW LABEL |
| :---: | :---: |
| Nutrition Facts | Nutrition Facts |
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| Total fat $8_{8}$ | Calories 230 |
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## Nutrient Content Claims

- A nutrient content claim is listed on the front of the package to help sound more appealing to consumers to promote the product as healthy or try to make it sound healthier. They are FDA approved, and each claim must meet a certain definition to be listed on a food label
*Remember, a food label that has a nutrient content claim does not mean that it is healthy! Still read the food label before purchasing anything.

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## Examples of Nutrient Claims:

- Reduced: means at least $25 \%$ less than the original product whether for fat/calories/sodium
- Free: Calories free: means less than 5 calories per serving
- Fat free: means less than 0.5 grams of fat per serving
- Sodium free: means less than 5 mg of sodium per serving
- Cholesterol free: means less than 2 grams of cholesterol per serving
- Light, Lite: meets the definition for "low calorie" \& "low fat " (less than 40 calories per serving or less than 3 grams of fat)



## Nutrient Content Claims Continued

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- The most common and easiest way to add flavor to a food is through the use of sugar, salt, and fat.
- Typically when companies remove one of these from a food, they will typically replace it with either a different one of these or something else.
- This means a product that is listed as fat free it is likely to have more sugar or another added "filler".



## Search for Sugar in WEIGHT LOSS SOLUTIONS Your Foods: Natural vs. Added

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- Natural Sugar:
- When reading the ingredient list, you will notice that sugar is not listed when there is no added sugar in a product.
*Notice- The only ingredients listed are Nonfat milk, vitamin A, and vitamin D. Lactose is a naturally occurring sugar found in milk, which explains the 12 grams of sugar listed on this food label.
- Added Sugar:
- Sugar will be found in the ingredient list. In this product, it flat out says "sugar", but sugar can be hidden as many different names.



## Search for Sugar in <br> Your Foods: Names for Sugar <br> Deaconess

- There are many different names for sugar, and companies like to use them to hide added sugar in foods.
- Remember: the ingredients listed on a food label are in descending order; just because sugar isn't listed first doesn't mean there isn't a lot of added sugar in a product

|  |  |  |
| :--- | :--- | :--- |
| Agave nectar | Dextrin | Maltol |
| Anhydrous dextrose | Dextrose | Maltose |
| Barbados sugar | Diastatic malt | Mannose |
| Barley malt | Diatase | Maple syrup |
| Barley malt syrup | Ethyl maltol | Molasses |
| Beet sugar | Evaporated cane juice | Muscovado |
| Brown sugar | Free-flowing brown sugars | Nectar |
| Buttered syrup | Fructose | Palm sugar |
| Cane juice | Fruit juice | Pancake syrup |
| Cane juice crystals | Fruit juice concentrate | Panela |
| Cane sugar | Galactose | Panocha |
| Caramel | Glucose | Powdered sugar |
| Carob syrup | Glucose syrup solids | Raw sugar |
| Castor sugar | Golden sugar | Refiner's syrup |
| Coconut palm sugar | Golden syrup | Rice syrup |
| Coconut sugar | Grape sugar | Saccharose |
| Confectioner's sugar | High-fructose corn syrup | Sorghum syrup |
| Corn sweetener | Honey | Sucrose |
| Corn syrup | Icing sugar | Sweet sorghum |
| Corn syrup solids | Isoglucose | Syrup |
| Crystalline fructose | Invert sugar | Table sugar |
| D-ribose | Lactose | Treacle |
| Date sugar | Malt | Turbinado sugar |
| Dehydrated cane juice | Malt syrup | White granulated sugar |
| Demerara sugar | Maltodextrin | Yellow sugar |
|  |  |  |

## 75 DIFFERENT NAMES FOR SUGAR

## Maltol

 Mannose Maple syrup Molasses Muscovad Nectar Palm sugar Pancake syrup Panela PanochaPowdered sugar Raw sugar Refiner's syrup Rice syrup Sorghum syrup Sucrose Sweet sorghum Syrup Treacle Turbinado sugar Yellow sugar

## Search for Sugar in <br> fin ocacones. <br> WEIGHT LOSS SOLUTIONS Your Foods: How Many Teaspoons?

- To determine the number of teaspoons of sugar per serving of a food:
- Take the total number of grams of added sugar and divide by 4
- Keep in mind the recommended daily limit of added sugar: (According to the American Heart Association)
- Men: 9 teaspoons
- Women: 6 teaspoons
*Teaspoons of added sugar calculation: 39 grams of added sugar divided by $4=9.75$ teaspoons in just 1 (12 ounce) can of regular soda!



## What does a Teaspoon of Sugar Look Like?

4 grams of sugar = 1 teaspoon

- A teaspoon is $1 / 3$ of a tablespoon
- Teaspoon of sugar = about 16 calories


Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example:
"Sugars 28 g " $=28 \div 4=7$ teaspoons

## 3TEASPOONS

## Carbohydrate Counting for Diabetes

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- 15 grams of carbohydrates found in food is known as 1 carb choice
- The table below is the recommended amount of carb counting for those with diabetes. It is broken down by gender and by meal and snack time

| Gender | For Weight Loss | For Weight <br> Maintenance | Snacks |
| :--- | :--- | :--- | :--- |
| Women | $30-45$ grams per <br> meal | $45-60$ grams per <br> meal | 15 grams per <br> snack |
| Men | $45-60$ grams per <br> meal | $60-75$ grams per <br> meal | 15 grams per <br> snack |

- This is why reading the food label is even more important for those with diabetes!
- *The above statements are a general rule. Grams of carbohydrates are individualized for each person based off of each person's nutritional needs!


## Look for Protein on the Food Label

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- Try to get in protein at each meal and snack you consume each day!
- Reason: protein helps you feel full longer!
- Serving Size: 3 oz.
- 12 grams of protein in 1 serving of this food

| Nutrition Eacts |  |
| :---: | :---: |
| Serving size 3 | 3 oz . (85g) |
| Amount per serving Calories |  |
|  | \% Daily Value* |
| Total Fat 1g | 1\% |
| Saturated Fat Og | 0\% |
| Trans Fat Og |  |
| Cholesterol 105mg | 35\% |
| Sodium 480mg | 21\% |
| Total Carbohydrate 1g | 0\% |
| Dietary Fiber Og | 0\% |
| Total Sugars 0g |  |
| Includes 0 g Added Sugars | 0\% |
| Protein 12g |  |
| Vitamin D Omcg | 0\% |
| Calcium 46mg | 4\% |
| Iron Omg | 0\% |
| Potassium 96mg | 2\% |
| *The \% Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |  |

## Comparison of Two Products <br> 这 <br> Deaconess WEIGHT LOSS SOLUTIONS



- Here are two products both of which are yogurt, both contain 6 ounces, and both are even made by the same company, yet nutritionally they are very different!
- The original contains:
- Calories: 140
- Fat: 1.5 grams
- Total Carbohydrate: 28 grams
- Total sugar: 20 grams
- Added sugar: 14 grams
- The light version contains:
- Calories: 80
- Fat: 0 grams
- Total Carbohydrate: 15 grams
- Total sugar: 7 grams
- Added sugar: 1 gram
*After
reviewing the food label of both products, which do you think is the better choice to promote weight loss? Correct answer: The "light" version


## Where are Healthy Foods Located?

- When shopping in a grocery store, typically the healthier food options are located around the parameter (the outside walls) of the store.
- You can verify this by reading the food label!
- However, keep in mind that some foods such as fresh produce do not have a food label. You can look up the nutrition facts for a particular food either online, a tracking app, or a book from the library.



## Time to Practice What You've Learned!

- 1. What is the serving size of this product?
- 2. How many calories are in $\underline{2}$ servings?
- 3. According to the \% daily value, what is 1 nutrient listed that is considered a to be a low source found in this product?
- 4. According to the $\%$ daily value, what is 1 nutrient listed that is considered a to be a high source found in this product?
- 5. How many grams of added sugar does this product contain?

| Nutriton Facts |  |
| :---: | :---: |
| About 14 servings per container |  |
| Serving size 2 thsp | 2 thsp (32y) |
| Amount per serving Calories | 200 |
|  | \% Daily Value ${ }^{\text {a }}$ |
| Total Fat 16g | 21\% |
| Saturated Fat 3.5g | 18\% |
| Trans Fat Og |  |
| Cholesterol Omg | 0\% |
| Sodium 125mg | 5\% |
| Total Carbohydrate 7 g | g 3\% |
| Dietary Fiber 2g | 7\% |
| Total Sugars 3 g |  |
| Includes 2g Added Sugars | Sugars 4\% |
| Protein 8 g | 6\% |
| Vit. D Omcg 0\% •Calcium Omg 0\% |  |
| Iron Omg 0\% • Potas. 200mg 4\% |  |
|  <br>  |  |
| Ingredients: Roasted Peanuts, Sugar, Less than 2\% of: Hydrogenated Vegetable Oii (Rapeseed and Cottonseed), Salt. CONTAINS PEANUTS. |  |

## Answers From Practice Questions

- 1. 2 Tablespoons ( 32 grams)
- 2. 400 calories
- 3. Trans fat, Cholesterol, Sodium, Total Carbohydrate, Added Sugar, Vitamin D, Iron, Calcium, Potassium are all correct!
- 4. Total fat
- 5. 2 grams of sugar is added to this product (this means that 1 gram of sugar is naturally occurring since this product contains 3 grams of total sugar

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| Total Fat 16g | 21\% |
| Saturated Fat 3.59 | 18\% |
| Trans Fatog |  |
| Cholesterol Omg | 0\% |
| Sodium 125 mg | 5\% |
| Total Carbohydrate 79 | 79 3\% |
| Dietary Fiber 29 | 7\% |
| Total Sugar 3 39 |  |
| Includes 2g Added Sugars | 41/d Sugars |
| Protein 80 | 6\% |
| Vit. Domcg 0\% •Calcium Omg 0\% |  |
| Iron Omg 0\% - Potas. 200mg 4\% |  |
|  |  |

- Be smart by purchasing healthier foods at the grocery since you can now read a food label!

- Know what you are actually paying for at the register before you pay for it with your health!

