

BEING A SMART FOOD CONSUMER

Chapter 5 Lesson 5

NUTRITION LABEL BASICS

The Nutrition Facts panel on food labels indicates the nutrients and calorie content of foods.

Specifically, each label contains...

serving size

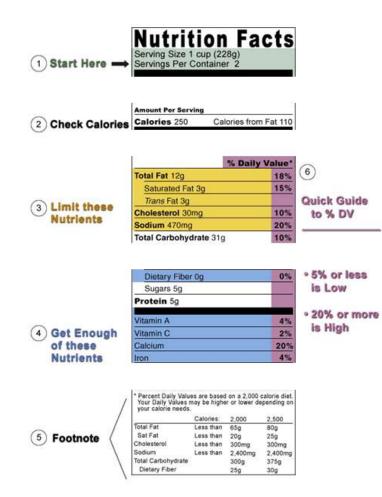
servings per container

calories per serving and calories per serving from fat

grams of total fat, saturated fat, total carbohydrates, fibers, sugars, protein

percentage of Daily Value the product supplies of nutrients expect sugar and protein

READING A FOOD LABEL- MAC AND CHEESE



INGREDIENTS LIST

Labels list ingredients by weight in descending order...ingredients in greatest amounts are listed first.

Food additives

- Substances added to food intentionally to produce a desired effect
- Add nutrients
- Lengthen storage life and keep it safe to eat
- Give flavor or color
- Maintain texture
- Control food's acidity
- Help age foods (cheese)

INGREDIENTS LIST CONT.

Enriched food is a food in which nutrients that were lost in processing have been added back

Breads, pastas, and rice are enriched with B vitamins and iron

Fortification is the addition of nutrients that are not naturally present

Milk is fortified with vitamin D

U.S. Food and Drug Administration and the USDA regulate most foods and what's in them.

Sugar and Fat Additives

- Aspartame is commonly added in soft drinks and frozen desserts
- Substitute ingredients (sugar) that lower either the caloric count or the fat content

FOOD PRODUCT LABEL CLAIMS

Food products may claim to benefit combating a disease or condition

May read "healthy, light, less, -free, fresh, or natural"

Opening Date

- Expiration Date- last date you should use the product
- Freshness Date- last date a food is thought to be fresh
- Pack Date- date on which the product was packaged
- Sell Date- last date the product should be sold

SHELF LABELING

Unit pricing is a strategy for recognizing the relative cost of a product based on the cost of a standard unit, such as ounce or gram