

# Being a Smart Food Consumer

Chapter 5 Lesson 5



# Nutrition Label Basics

 The Nutritional Facts panel on food labels indicates the nutrient and calorie content of foods. This information helps you find good sources of nutrients, compare nutrients and calories among similar products, and choose foods that meet special dietary needs.



# Nutrition Label Basics cont.

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- 📖 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, fiber, sugar, protein, and milligrams of cholesterol and sodium per serving.
  - 📖 Percentage of daily value the product supplies of the above nutrients.



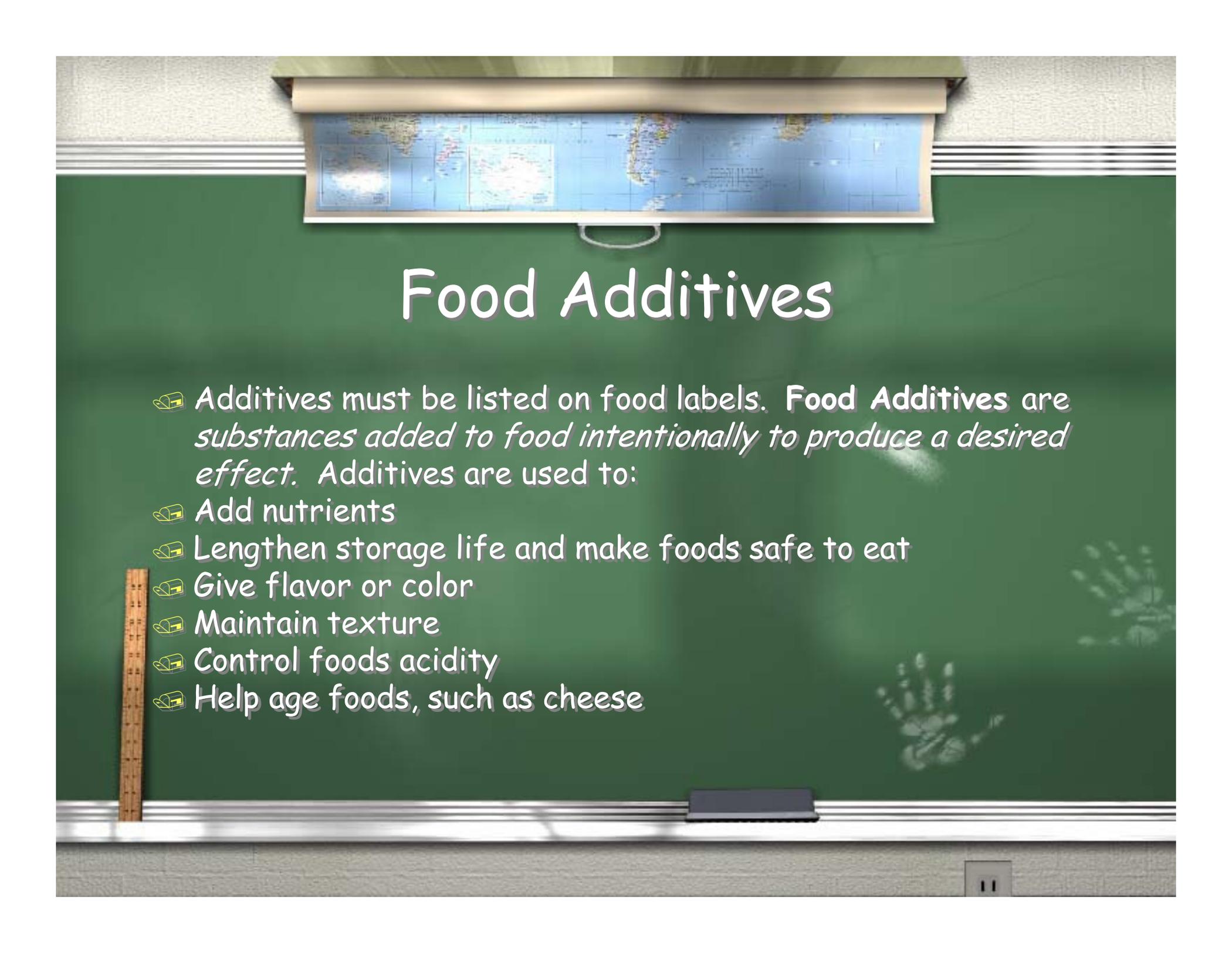
# Nutrition Label Basics cont.

- ✎ Some nutrient labels have two lists. One list is for the food eaten by itself, the other is for the food eaten with another food-for example cereal eaten with milk.
  - ✎ Foods that do not need to carry the Nutrition Facts Panel include:
    - ✎ Food served in restaurants
    - ✎ Plain coffee and tea
    - ✎ Some spices and other foods that contain no nutrients
    - ✎ Fresh meat, poultry and fish
    - ✎ Fresh fruits and vegetables.
    - ✎ Food offered in very small packages.
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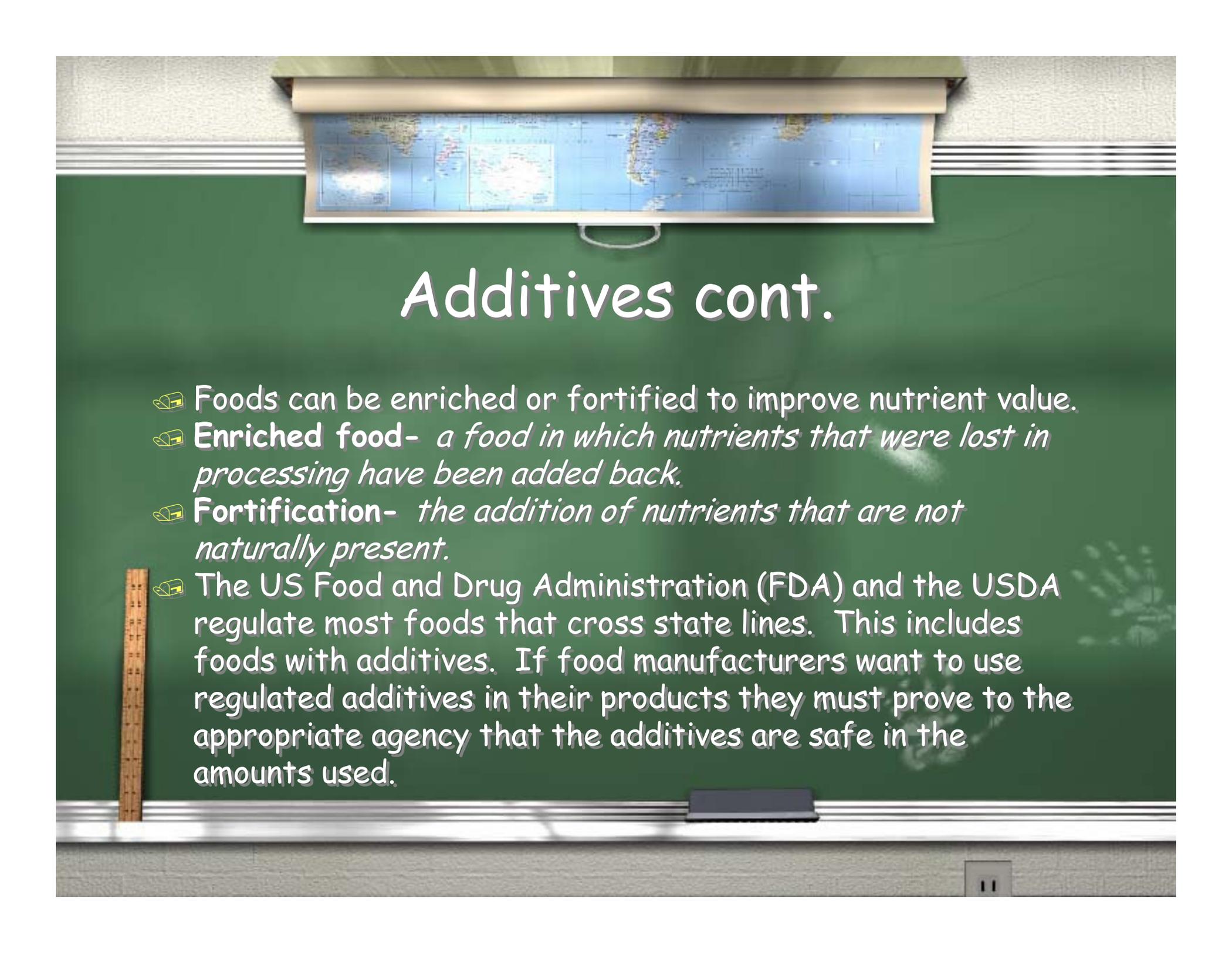
# Ingredients List

- 📖 Almost all food labels are required to have an ingredients list. Labels list ingredients by weight in descending order.



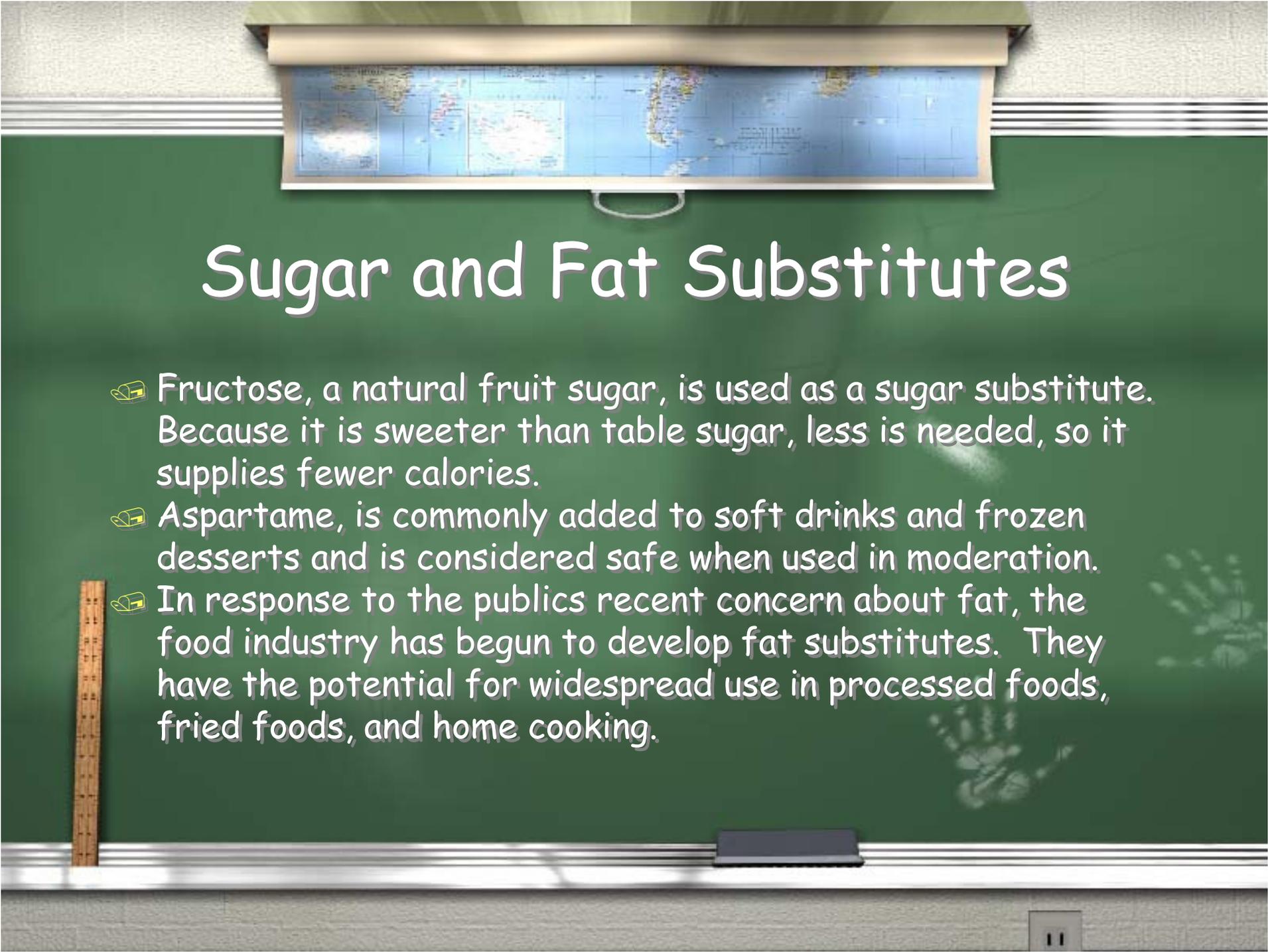
# Food Additives

- ✎ Additives must be listed on food labels. Food Additives are *substances added to food intentionally to produce a desired effect*. Additives are used to:
  - ✎ Add nutrients
  - ✎ Lengthen storage life and make foods safe to eat
  - ✎ Give flavor or color
  - ✎ Maintain texture
  - ✎ Control foods acidity
  - ✎ Help age foods, such as cheese



# Additives cont.

- 📖 Foods can be enriched or fortified to improve nutrient value.
- 📖 **Enriched food**- *a food in which nutrients that were lost in processing have been added back.*
- 📖 **Fortification**- *the addition of nutrients that are not naturally present.*
- 📖 The US Food and Drug Administration (FDA) and the USDA regulate most foods that cross state lines. This includes foods with additives. If food manufacturers want to use regulated additives in their products they must prove to the appropriate agency that the additives are safe in the amounts used.



# Sugar and Fat Substitutes

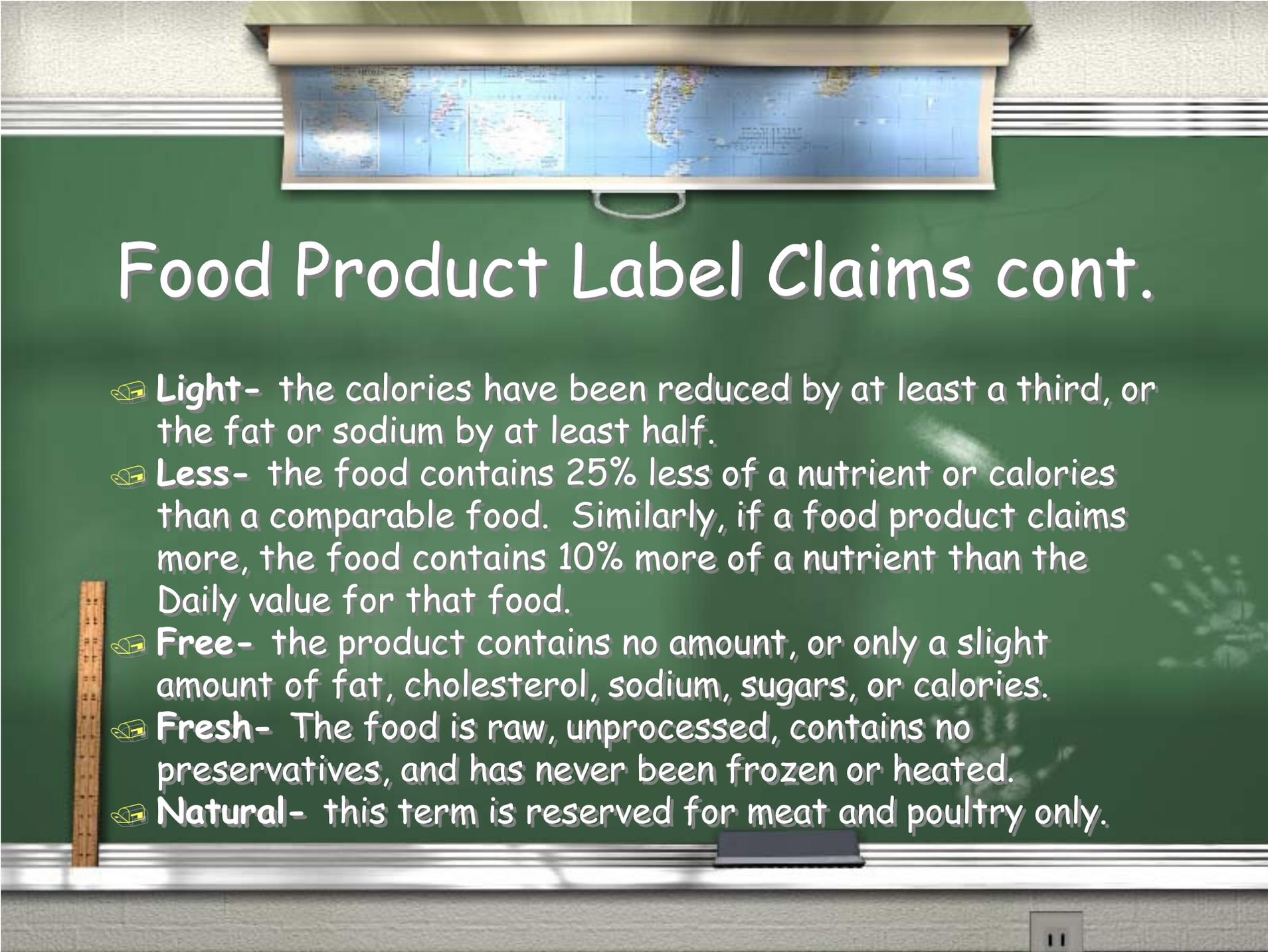
- 📖 Fructose, a natural fruit sugar, is used as a sugar substitute. Because it is sweeter than table sugar, less is needed, so it supplies fewer calories.
- 📖 Aspartame, is commonly added to soft drinks and frozen desserts and is considered safe when used in moderation.
- 📖 In response to the public's recent concern about fat, the food industry has begun to develop fat substitutes. They have the potential for widespread use in processed foods, fried foods, and home cooking.



# Food Product Label Claims

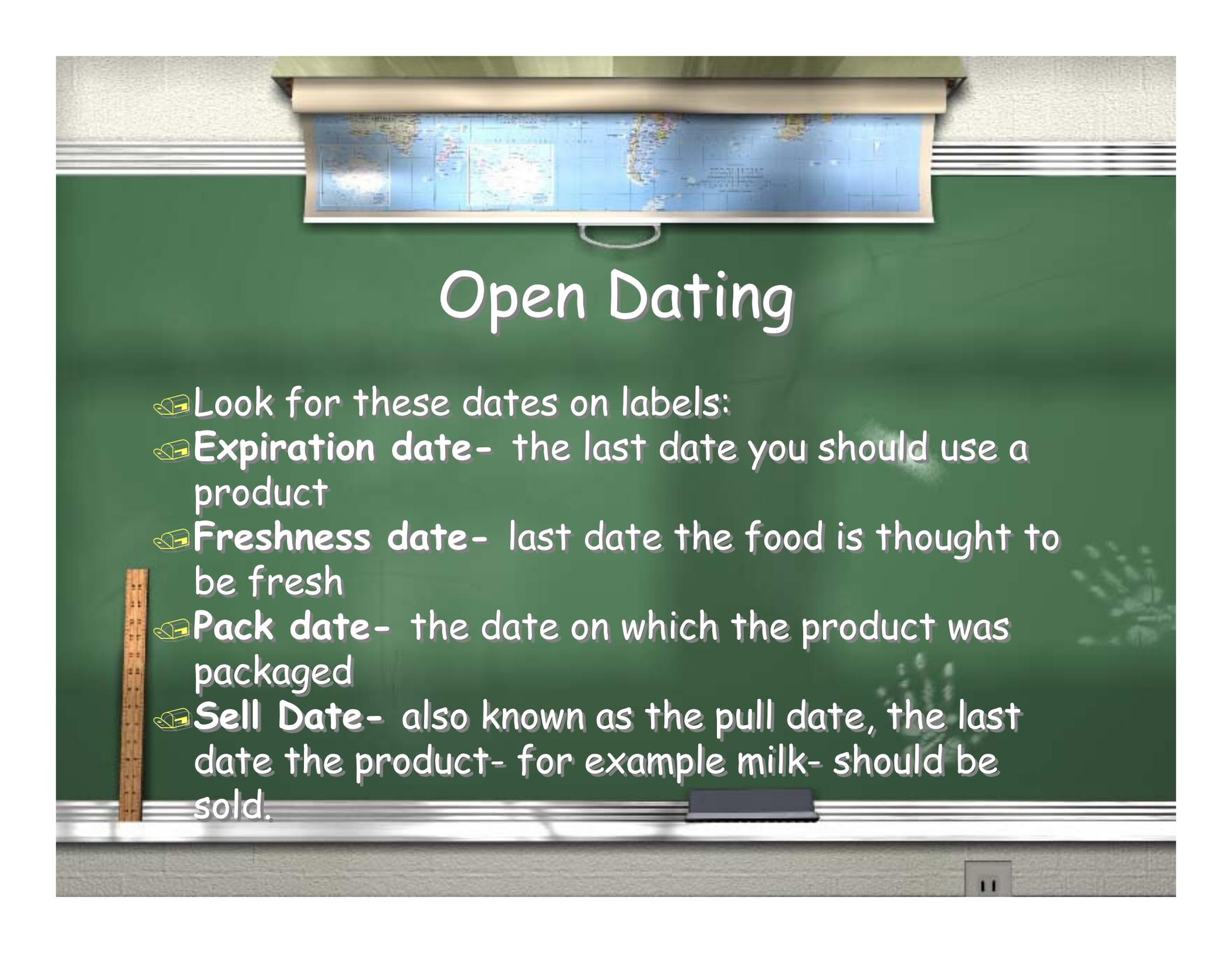
📖 Food labeling regulations permit labels of certain foods to claim possible benefits in combating a disease or condition. Other terms that may appear on food product labels and their meanings are:

📖 **Healthy**- the food is low in fat and saturated fat and contains limited amounts of cholesterol and sodium- no more than 360 milligrams per serving. In addition, if it's a single item food, it provides at least 10% of one or more of the following: Vitamin A or C, iron, calcium, protein, and fiber.



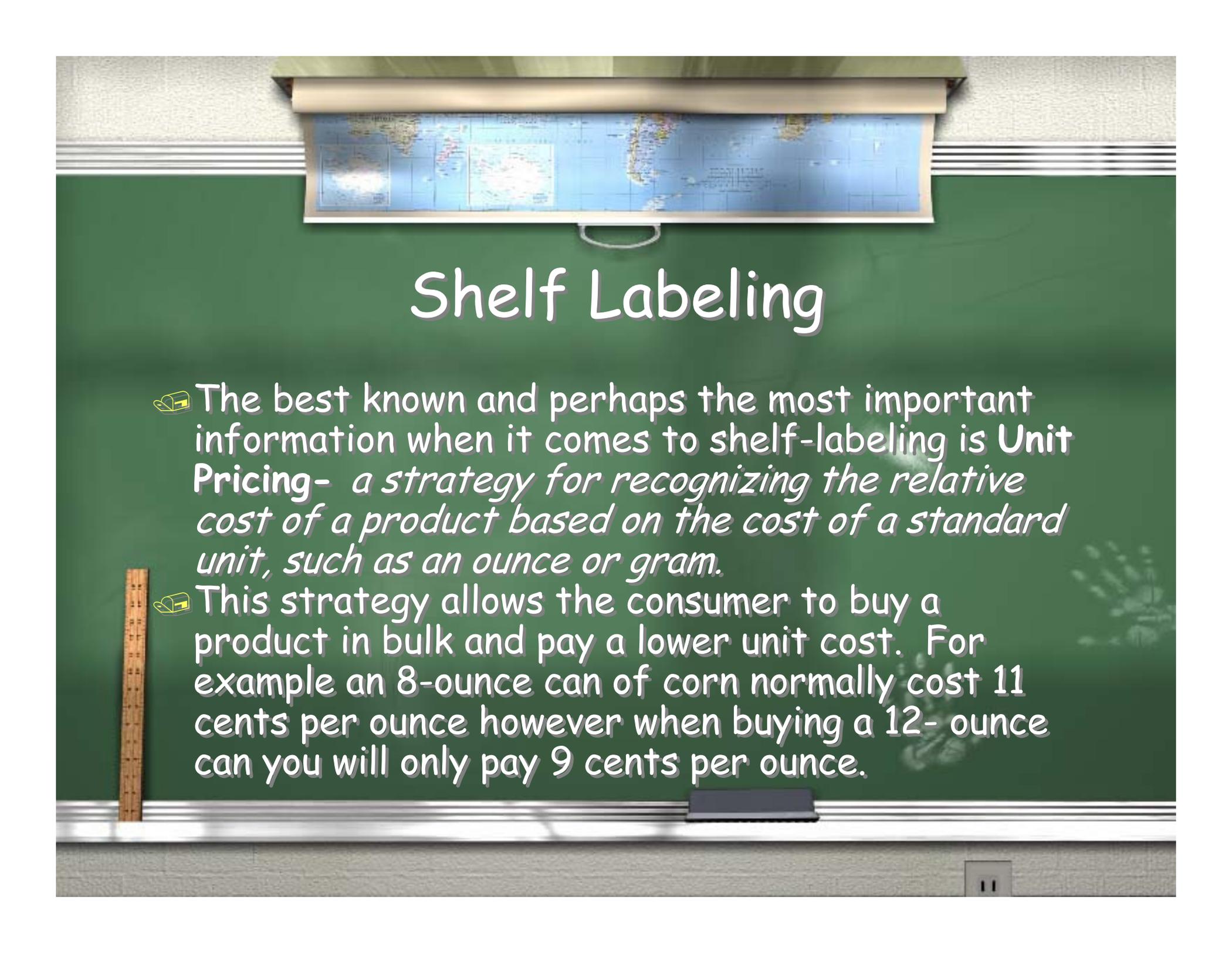
# Food Product Label Claims cont.

- 📖 **Light-** the calories have been reduced by at least a third, or the fat or sodium by at least half.
- 📖 **Less-** the food contains 25% less of a nutrient or calories than a comparable food. Similarly, if a food product claims more, the food contains 10% more of a nutrient than the Daily value for that food.
- 📖 **Free-** the product contains no amount, or only a slight amount of fat, cholesterol, sodium, sugars, or calories.
- 📖 **Fresh-** The food is raw, unprocessed, contains no preservatives, and has never been frozen or heated.
- 📖 **Natural-** this term is reserved for meat and poultry only.



# Open Dating

- 📖 Look for these dates on labels:
- 📖 **Expiration date**- the last date you should use a product
- 📖 **Freshness date**- last date the food is thought to be fresh
- 📖 **Pack date**- the date on which the product was packaged
- 📖 **Sell Date**- also known as the pull date, the last date the product- for example milk- should be sold.



# Shelf Labeling

- 📖 The best known and perhaps the most important information when it comes to shelf-labeling is **Unit Pricing**- *a strategy for recognizing the relative cost of a product based on the cost of a standard unit, such as an ounce or gram.*
- 📖 This strategy allows the consumer to buy a product in bulk and pay a lower unit cost. For example an 8-ounce can of corn normally cost 11 cents per ounce however when buying a 12- ounce can you will only pay 9 cents per ounce.