



Nutrition Challenge: Week 4, Day 7

Cut out, study and bring in the Nutrition Label from a favorite food



- Children can get important information from food labels. They can get a general idea about what the food contains, how much is in a serving, and how many calories are in a serving. Kids also can use labels to compare two foods. Which one has more fiber? Which one has more fat? Which one has more calories per serving?
- The ingredient list is another important part of the label. Ingredients are listed in order so you get an idea of how much of each ingredient is in the food. When something is listed first, second, or third, you know that this food probably contains a lot of it. The food will contain smaller amounts of the ingredients mentioned at the end of the list.
- With that in mind, check ingredient lists to see where sugar appears. Limit foods that mention sugar in the first few ingredients. That means it's a very sugary food. Sugar has different names, so it might also be called high fructose corn syrup, corn syrup, sucrose, or glucose.
- Serving Size – The nutrition label always lists a serving size, which is an amount of food, such as 1 cup of cereal, two cookies, or five pretzels. The nutrition label tells you how many nutrients are in that amount of food. Serving sizes also help people understand how much they're eating. If you ate 10 pretzels, that would be two servings.
- Servings per Container or Package – The label also tells you how many servings are contained in that package of food. If there are 15 servings in a box of cookies and each serving is two cookies, you have enough for all 30 kids in your class to have one cookie each. Math comes in handy with food labels!
- Calories and Calories From Fat – The number of calories in a single serving of the food is listed on the left of the label. This number tells you the amount of energy in the food. The calories in a food can come from fat, protein, or carbohydrate. People pay attention to calories because if you eat more calories than your body uses, you might gain weight. Another important part of the label is the number of calories that come from fat. People check this because it's good to limit fat intake to about 30% of the calories they eat.

Total Fat – The total fat is the number of fat grams contained in one serving of the food. Fat is an important nutrient that your body uses for growth and developments, but you don't want to eat too much. The different kinds of fat, such as saturated, unsaturated, and trans fat, will be listed separately on the label.

Cholesterol and Sodium – These numbers tell you how much cholesterol and sodium (salt) are in a single serving of the food. They are included on the label because some people should limit the amount of cholesterol and salt in their diets. Cholesterol and sodium are usually measured in milligrams.

Total Carbohydrate – This number tells you how many carbohydrate grams are in one serving of food. Carbohydrates are your body's primary source of energy. This total is broken down into grams of sugar and grams of dietary fiber.

Protein – This number tells you how much protein you get from a single serving of the food. Your body needs protein to build and repair essential parts of the body, such as muscles, blood, and organs. Protein is often measured in grams.

I MET MY NUTRITIONAL GOAL FOR WEEK 4!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



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