

# Reading Nutrition Labels and Eating Breakfast

# Nutrition Labels- Sorting Through a Maze of Information

- What are your thoughts?
- Are the labels confusing? Helpful?
- Has it changed since taking this class? Do you read them more than you used to?

If you have unanswered questions as we talk about labels, please ask!

# Benefits of Understanding the Labels

- Can better understand your own food intake
- Can be a better shopper
  - Allows you to compare foods
- You can feel like you have control over your food
- Can help in eating appropriate portion sizes

Pass out nutrition labels

# Serving Size

- Always check this first
- Where is it found on the label?
- Who determines the serving size?

# Do you know the serving size of...

- ...Ritz crackers?
- ...Wheat thins?
- ...Peanut butter?
- ...Most cereals?
- ...Trail mix?
- ...Ice cream?
- ...Chocolate Cream Oreos?

Has anyone changed their food intake after looking at the serving size on the food label?

Are there any serving sizes that have surprised you?

# Percent Daily Values

- Based on a 2000 calorie diet, which probably isn't exactly in your range
- Still useful for comparisons

# Daily Value Comparison Example

## Campbell's Chicken Noodle Soup

### Nutrition Facts

Serving Size: 1 can (10.75 oz) (305g)

#### Amount Per Serving

Calories	156	Calories from Fat	41
<b>% Daily Value*</b>			
Total Fat	4.57 g		7%
Saturated Fat	1.53 g		8%
Trans Fat			
Cholesterol	27.45 mg		9%
Sodium	2290.55 mg		95%
Potassium	137.25 mg		4%
Total Carbohydrate	21.05 g		7%
Dietary Fiber	1.83 g		7%
Sugars			
Sugar Alcohols			
Protein	7.93 g		
Vitamin A	680.15 IU		14%
Vitamin C	0 mg		0%
Calcium	33.55 mg		3%
Iron	1.83 mg		10%

## Low Sodium Version

### Nutrition Facts

Serving Size: 1 Can

#### Amount Per Serving

Calories	160	Calories from Fat	40
<b>% Daily Value*</b>			
Total Fat	4.5 g		7%
Saturated Fat	1.5 g		8%
Trans Fat	0 g		
Cholesterol	30 mg		10%
Sodium	140 mg		6%
Potassium			
Total Carbohydrate	17 g		6%
Dietary Fiber	2 g		8%
Sugars	4 g		
Sugar Alcohols			
Protein	12 g		
Vitamin A	1500 IU		30%
Vitamin C	0 mg		0%
Calcium	20 mg		2%
Iron	1.08 mg		6%

# Daily Value Comparison Example

## Skim Milk

Serving Size 8 fl oz (240mL)  
Servings Per Container 2

### Amount Per Serving

Calories 80	Calories from Fat 0
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### % Daily Value\*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol less than 5mg	1%
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Sodium 130mg	5%
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Total Carbohydrate 12g	4%
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Dietary Fiber 0g	0%
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Sugars 11g	
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Protein 8g	
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Vitamin A 8%	• Vitamin C 4%
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Calcium 30% • Iron 0% • Vitamin D 25%	
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\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
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Sat Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate	300g	375g	
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Dietary Fiber	25g	30g	
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## 2% Reduced Fat Milk

### Nutrition Facts

Serving Size 1 cup (236 mL)

### Amount Per Serving

Calories 130	Calories from Fat 45
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### % Daily Values\*

Total Fat 5g	8%
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Saturated Fat 3g	15%
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Trans Fat 0g	
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Cholesterol 20mg	7%
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Sodium 125mg	5%
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Total Carbohydrate 12g	4%
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Dietary Fiber 0g	0%
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Sugars 12g	
------------	--

Protein 8g	
------------	--

Vitamin A 10%	• Vitamin C 4%
---------------	----------------

Calcium 30% • Iron 0% • Vitamin D 25%	
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
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Sat Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate	300g	375g	
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Dietary Fiber	25g	30g	
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FAT REDUCED 8g TO 5g AND CALORIES REDUCED 150 TO 130.  
INGREDIENTS: GRADE A PASTEURIZED REDUCED FAT MILK,  
VITAMIN A PALMITATE AND VITAMIN D3.

# Tips for Understanding %DV

- 5% or less is low
- 10-20% is a “good source”
- 20% or more is high
  - The label might say “excellent source of \_\_\_\_\_”

# Calories

Regarding weight loss, it doesn't matter the source of the calories but the total consumed vs. total expended

# Calories

- FDA Guidelines
  - 40 calories = low amount per serving
  - 100 calories = moderate amount per serving
  - 400 calories = high amount per serving

# “Calories From Fat”

- Benefit is to show how many calories coming from fat compared to amount from carbohydrates or protein
- Fat is a concentrated source of calories
  - More calories from fat usually = smaller portion size compared with other foods (e.g. Ritz vs. Wheat Thins)

# Nutrients on the Label

- Nutrients at the beginning are the ones that most Americans eat enough of or even too much
  - Total fat
  - Saturated fat
  - Trans fat
  - Cholesterol
  - Sodium
  - Total carbohydrates
  - Sugars (= total sugars, natural and added)

# Nutrients on the Label

- Lower nutrients are ones we need to work to get enough of
  - Fiber
  - Protein (most Americans eat enough)
  - Vitamins and Minerals that are required to be shown:
    - Vitamin A
    - Vitamin C
    - Iron
    - Calcium

# Ingredients

In what order do you think they list  
the ingredients?

# Food Label Activity

- Review the two food labels you have been given
- Talk with your partner about their similarities and differences
- Rotate labels to see two new ones
- Share with everyone what you learned

# Breakfast

- Most of you eat breakfast daily
- Is it difficult to eat daily? Or is it already a habit?
- Where do you usually eat? On the run? At the table?
- What are the challenges to eating breakfast daily?

Is it really the most important  
meal of the day?

# Benefits of Breakfast

- 1. Energy: Last meal was often at least 12 hours before
- 2. Better Nutrition: People who eat breakfast tend to eat
  - Less fat and cholesterol
  - More dairy, fruits, vegetables, whole grains
  - More calcium, iron, and fiber
- 3. Better Overall Health
  - These nutrition choices lead to reduced risk for heart disease and diabetes

# Benefits of Breakfast

- 4. Better Performance
  - Better alertness
  - Increased attention span
  - Better mood
  - Better memory
  - Happier
  - More strength and endurance
  - Better problem-solving skills
  - More creativity and energy
  - Improved performance and productivity at work and school

# Benefits of Breakfast

- 5. Weight Management
  - Research shows that breakfast eaters tend to weigh less than breakfast skippers
  - Theories for the reason
    - If skip breakfast, often overeat later in the day
    - Increased hunger later leads to poor food choices

\*Studies linking breakfast to weight loss usually look at breakfasts containing whole grains and/or protein

# #1 Obstacle: Lack of Time

Activity

# How to make it healthy

- Try to focus on foods you need to increase in your diet
  - Whole grains
  - Calcium-rich foods
  - Fruits and vegetables

\*These will help you feel full throughout the day

# Aim for 3 out of the five food groups

Example Pattern:  
Starch + Protein Food + Fruit or Vegetable

# Eating More Food Groups

- How can we make the following meals healthier by adding food groups?
  - Toast with butter or jam
  - Oatmeal with sugar
  - Eggs and ham
  - Cereal and milk

# Review Healthy Breakfast Ideas Handout

# How much should you eat?

- Aim for 300-500 calories
  - Problems of too little
  - Problems of eating too much

# Focus on Regular Meals (eating every 4-6 hours)

Why are regular meals encouraged?

# Benefits of Regular Meals

- 1. Calorie control
  - Regular meal eaters tend to have a lower energy intake
- 2. More likely to overeat at a later meal if you skip
- 3. Better ability to recognize hunger and fullness

# Benefits of Regular Meals

- 4. Metabolism will work better
  - When you eat irregularly, your body thinks it needs to store calories for the times of “famine”
- 5. Better blood sugar control
  - Research has shown that irregular eating is associated with insulin resistance, a precursor and part of diabetes

# 3 Meals/day vs. 6 Meals/day

## Which is better?

# Follow Hunger

- Ask yourself
  - Am I hungry?
    - If unsure, wait for 20 minutes and ask again
  - When was the last time I ate?
    - If it is less than a few hours, it may not be real hunger
  - Could a small snack tide me over until the next meal?
    - Keep ready-to-eat fruits and vegetables on hand

# Common Myth

“Food eaten after 6 pm gets stored as fat more easily”



# Any Questions?