



Special points of interest:

Food Labels

Healthy Recipe

Family Fun Activity

Body Mass Index

## Reading a Food Label

Looking at a nutritional food label can be like trying to read a foreign language. Following are a few quick tips to help understand some of the information provided on nutrition food labels.

1- First look at the serving size and the number of servings per container. Serving sizes are provided in familiar units such as cups or pieces followed by the metric amount shown in grams. Pay attention to the serving size especially how many servings are in the package. Then ask yourself how many servings you are going to consume. All of the other information on the label is based on **one** serving size.

2- Next look at the calories. Calories represent the amount of energy provided by **one** serving. Also shown is the amount of those calories in one serving that come from fat. In this example, almost half of the calories in this serving come from fat. Remember if you eat two servings you must double the calorie amount listed.

3- Key Nutrients- The first nutrients listed are ones Americans generally eat adequate amounts or too much of. They are shown in yellow and should be limited. Eating too much fat, saturated fat, trans fat, cholesterol, and sodium can increase your risk for certain illnesses. Other nutrients shown here in green such as fiber, Vitamin A, Vitamin C, Calcium, and Iron, Americans do not get enough of. These can improve your health and reduce your disease risk. Look for foods that have higher percentages of these nutrients.

4- Note the last section shown here in orange. This statement must be on all food labels. The information given does not change from product to product. It shows the recommended dietary advice for all Americans based on a 2,000 or 2,500 calorie diet. This tells the amount in grams how much total fat, saturated fat, cholesterol, sodium, total carbohydrates, and dietary fiber that should be consumed.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Start here

Check calories

Quick guide to % DV

5% or less is low  
 20% or more is high

Limit these

Get enough of these

Footnote

\* 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
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



**A**

**Ingredients**

- 8 ounces uncooked whole grain thin spaghetti
- 1 package (10 ounces) shredded carrot
- 1 package (8 ounces) sugar snap peas
- 2 cups diced cooked chicken
- 1 can (11 ounces) mandarin oranges in light syrup, undrained
- 1/2 cup low sodium stir-fry sauce

**Directions**

Cook spaghetti according to package directions. Once cooked, stir in carrots and peas; cook 1 additional minute. Drain and place in a large bowl. Add in chicken, oranges, and stir-fry sauce. Toss to coat. Serve immediately.

Kids love to help cook. In this recipe they can help by mixing all of the ingredients together!

**Servings– Adult** 2 cups noodles with chicken

**Child–** 1 cup noodles with chicken  
 1/2 cup mixed green salad with low fat salad dressing  
 1/2 cup 1% milk



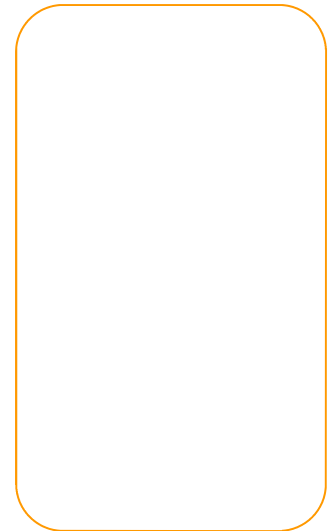
Caption describing picture or graphic.

*\*Adapted from Taste of Home Cookbook, 2008*



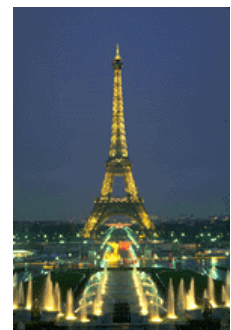
**Stream Jump**

**Family Fun Physical Activity**



**What does BMI mean?**

Body Mass Index or BMI is a screening tool used by physicians to identify possible weight problems. The American Academy of Pediatrics and the Center for Disease Control recommend the use of BMI to screen children beginning at age 2. For children and teens, BMI is an age and gender specific number calculated from a child's weight and height. This number is then plotted on a BMI-for-age growth chart (for either girls or boys) to obtain



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