

# Making Healthy Food Choices

**GOAL:** Participants will gain an understanding of how to read food labels and learn what food portions and serving sizes look like. Each participant will be able to identify snacks that are both healthy and portable. At the end of this module, participants will be able to select healthy food options when planning meals at home and when eating out.

## **POWER POINT PRESENTATION:**

How to Read the Nutrition Facts Label

## **ESTIMATED TIME:**

60 minutes

## **MATERIALS NEEDED:**

PowerPoint presentation, real food labels (*or empty boxes*) from items such as granola bars, cereal, or juice boxes

## **HANDOUTS NEEDED:**

Nutrition Facts Label  
Portion Guide

## **GAMES & ACTIVITIES:**

Name That Nutrient, Know Your Nutrients,  
Extreme Meal Makeover

## **PREPARATION:**

Collect food labels/boxes from a variety of food products.

Choose an icebreaker and 1-2 games.

Copy all necessary handouts for participants.

## **DIRECTIONS FOR FACILITATOR**

1. Explain to the participants that they will be learning how to read food labels.
2. Have participants introduce themselves.
3. Ask the group if they are familiar with nutrition facts labels.
4. Explain that most food products in grocery stores have nutrition information listed, except for fresh fruits, veggies, and some raw meats.
5. Start the PowerPoint presentation.
6. Refer to the "Talking Points" to help you narrate the presentation.
7. At the end of the presentation, discuss it with the group.
8. Start the game(s) and/or activities that you have selected.
9. When the game(s)/activities have ended, pass out the evaluation forms and collect them when participants have finished filling them out.

# Welcome to the Center for Young Women's Health

## Project Healthy Lifestyle Module 2: Making Healthy Food Choices How to Read the Nutrition Facts Label



SLIDE 1

## Servings Per Container

- This is the number of servings that are in the entire package
- To find out the total amount of nutrients in the package, multiply each nutrient amount by the number of servings per container
- Example: If there are 3 servings per container and the serving size is 1 cup, the whole package contains 3 cups

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
Calcium	Iron
*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 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 4

## What is a Food Label?

- Also called the "nutrition facts" label
- A tool that helps you choose the foods you want to eat
- Required to be on food packaging



SLIDE 2

## Calories

- Calories are units of energy
- In food, calories come from carbohydrate, protein and fat
- Our bodies need calories to work

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
Calcium	Iron
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Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 5

## Serving Size

- The important starting point when reading a label
- This shows you how much food is equal to one serving
- It is the base volume for all the nutrient values on the label, such as the number of grams of protein and the percentage of vitamins and minerals

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
Calcium	Iron
*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 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 3

## Total Fat

- Fat is an important nutrient
- It creates hormones, and helps you to feel full after eating
- Total, saturated & *trans* fat will always be listed on the food label; mono and poly unsaturated fat may also be listed

Nutrition Facts	
Serving Size	
Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
Calcium	Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
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Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 6

## Fats

### Saturated Fat

- It is sometimes called the “unhealthy” fat
- Eating too much saturated fat may lead to heart disease
- Saturated fats are commonly found in animal sources such as meat and dairy

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
*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
Total Fat	Less than 65 g
Sat. Fat	Less than 20 g
Cholesterol	Less than 300 mg
Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 7

## Cholesterol

- Cholesterol is only found in animal products
- Eating large amounts of cholesterol rich foods may lead to heart disease

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
*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
Total Fat	Less than 65 g
Sat. Fat	Less than 20 g
Cholesterol	Less than 300 mg
Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 10

## Fats

### Polyunsaturated & Monounsaturated Fats

- These fats keep your heart healthy
- Polyunsaturated fats include essential omega 3 and omega 6 fats
- These can be found in fish such as salmon

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
*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
Total Fat	Less than 65 g
Sat. Fat	Less than 20 g
Cholesterol	Less than 300 mg
Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 8

## Sodium

- Sodium is found in salt
- Our hearts and kidneys need some sodium to help stay healthy
- Consuming too much sodium may lead to high blood pressure

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
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Calories	2,000
Total Fat	Less than 65 g
Sat. Fat	Less than 20 g
Cholesterol	Less than 300 mg
Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 11

## Fats

### Trans Fat

- Is used to make many processed foods such as baked goods and fast foods such as french fries
- Eating *trans* fat may lead to heart disease
- Aim to limit *trans* fat from your diet

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
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Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 9

## Total Carbohydrate

- Carbohydrates in food come from fiber, sugars and other starches
- Carbohydrates are broken down into sugar during digestion
- They are the main source of energy for the brain

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
<b>Total Fat</b>	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	
Other Carb.	
<b>Protein</b>	
Vitamin A	Vitamin C
Calcium	Iron
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Calories	2,000
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Sat. Fat	Less than 20 g
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Sodium	Less than 2,400 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g
Calories per gram	
Fat 9	Carbohydrate 4
	Protein 4



SLIDE 12

## Total Carbohydrate Fiber

- Creates "bulk" in our diet
- Is needed to help keep our bowels regular
- Helps to keep us feeling full

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
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Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 13

## % Daily Value

- This is based on an average amount of 2,000 calories a day
- This number shows you the total percentage of each nutrient provided by one serving

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
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Protein	
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Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
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SLIDE 16

## Total Carbohydrate Sugars

- Sugars are found naturally in some foods and added to other foods
- They are found naturally in foods such as fruit, vegetables, and dairy products
- They are added to some foods such as breads, cakes, and cookies

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
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Calories per gram	
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SLIDE 14

## Vitamins and Minerals

- The label tells you the percentage of vitamins (vitamins A and C) and minerals (calcium and iron) that are in the product
- These four nutrients are required to be on the label, but other vitamins and minerals may also be listed

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
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Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat 9	Carbohydrate 4 Protein 4



SLIDE 17

## Protein

- Protein is used to build muscle and to fight infection
- Protein is also a source of energy

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Other Carb.	
Protein	
Vitamin A	Vitamin C
Calcium	Iron
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Fat 9	Carbohydrate 4 Protein 4



SLIDE 15

## Summary

- Be a smart shopper
- Compare food labels
- Know what you're eating
- Choose healthy foods



SLIDE 18

# PowerPoint Talking Points

## **SLIDE 1\_INTRODUCTION**

Read the title.

Pass out food labels from products. These will be referred to as “handout labels”.

## **SLIDE 2\_WHAT IS A FOOD LABEL?**

Show the slide, then ask:

“Did you know it’s a law that nutrition facts labels have to be printed on food products?”

Ask the participants to raise their hand if they look at the nutrition facts label before they buy a product. If participants raise their hands, give positive feedback by saying, “It’s great that you have checked out some of the food that you are eating. It can help you make healthy choices.”

## **SLIDE 3\_“SERVING SIZE”**

This is the important starting point when reading the nutrition facts label.

Ask the group to look at their handout label and find the serving size information.

Go around the room and have each participant tell the rest of the group the serving size on their handout label. Reinforce that each food typically has a different serving size.

Ex. “You’re right, the serving size for Product A cereal is 1 cup, but the serving size of Product B cereal is  $\frac{3}{4}$  of a cup.”

Explain that all of the nutrient information on the nutrition facts label (*protein, calcium, etc.*) is calculated based upon the listed serving size amount.

## **SLIDE 4\_SERVINGS PER CONTAINER**

Before showing the answers, ask:

“How many servings do you think are in the container for your food product?”

Show the slide, and ask everyone to look at their handout label.

Have each participant tell the group how many servings per container are on their handout label. Tell them that there is a lot of variability regarding servings per container. Remember, if you buy a king size portion of food (*such as a candy bar*) it will likely have more than two servings.

Reinforce the concept that certain foods may look like they are only one serving; however, the label might state that there are actually two servings per container.

*It is important to remember that if you are eating or drinking the entire package, you should multiply all listed values by the number of servings per container.*

### **SLIDE 5\_CALORIES**

Ask the group if they know what a calorie is, then ask for a volunteer to tell the group the definition. A correct response may be “a unit of energy”.

Ask the group to look at their handout label and read the calories for their food. Be sure to highlight this area on the label for all participants to see.

### **SLIDE 6\_TOTAL FAT**

Ask:

“Do you know why we need to include dietary fat in our diets?”

Show the answers and explain to the group that fat is necessary to create hormones, and helps you feel full after eating. Note that total fat, saturated fat, and *trans* fat will always be listed on the label. Monounsaturated and polyunsaturated fat may not be listed.

### **SLIDE 7\_FATS: SATURATED FAT**

Ask:

“Is saturated fat good for you, or not?”

Show the slide, and explain that although we need some saturated fat, this type of fat is a less healthy option and we want to limit our intake of it. Too much saturated fat may lead to heart disease.

Explain to the group where they may find saturated fats - mainly animal products such

as meat/dairy and also some plant foods such as coconut oil.

### **SLIDE 8\_FATS: POLYUNSATURATED & MONOUNSATURATED FAT**

Explain that these types of dietary fats are healthier options.

Ask the group if their handout labels have mono or polyunsaturated fat listed.

Explain that these fats come from sources such as fish like salmon.

### **SLIDE 9\_TRANS FAT**

Ask:

“Do you know what *trans* fat” is and if it is a good fat or a bad fat?”

Show the slide, and explain that *trans* fat is found in margarines and some processed foods (*such as baked goods and fried food*). Stress that it is an unhealthy fat, and should be avoided.

### **SLIDE 10\_CHOLESTEROL**

Ask:

“Do you think it’s important to watch your cholesterol intake, and why?”

Ask the group to look at their handout labels to check for cholesterol, and have them read the amounts aloud.

Review the slide. Cholesterol is found only in animal products. Certain baked goods may also have cholesterol because they are made with eggs, butter, or both.

Explain to the group that eating a diet that is high in cholesterol can put a person at risk for heart disease.

### **SLIDE 11\_SODIUM**

Ask the group if they like salty foods, and if they choose salty treats (*such as chips or pretzels*) over sweet treats (*such as cake, cookies, or candy*).

Review the slide. Sodium is a component of salt. Explain to the group that sodium is used to preserve food, so you will find more sodium in canned or processed foods. We need to eat/drink some sodium, but too much isn't healthy and could lead to high blood pressure.

### **SLIDE 12\_TOTAL CARBOHYDRATE**

Ask :

“What are your favorite foods that contain carbohydrates?”

Acknowledge responses and then show the slide. Explain that carbohydrates include fiber, sugars, and other starches. They are broken down into sugar during digestion, and are the main source of energy for our muscles and brain.

### **SLIDE 13\_TOTAL CARBOHYDRATE**

Review the slide. Fiber creates bulk in our diet. You should consume at least 26 grams of fiber each day. Grams of fiber are listed on most food labels.

### **SLIDE 14\_TOTAL CARBOHYDRATE:**

Ask the group to look at their handout labels to see if their food has sugar. If so, have them read the amounts aloud.

Show the slide, and explain that sugars are found naturally in some foods (*such as fruit, milk, or yogurt*), and are added to other foods (*such as candy, cakes, and cookies*).

### **SLIDE 15\_PROTEIN**

Ask:

“Why do you need to include protein in your diet?”

Correct responses may include: “Protein is used to build muscles, fight infection, and is a source of energy.”

Ask the group to give examples of foods that contain protein. Correct answers include: meat, eggs, protein energy bars, yogurt, cheese, and milk.

### **SLIDE 16\_% DAILY VALUE**

Show the slide, and ask the group to find the percentage daily value on their label.

Explain that the percentage daily value is based on the nutrient needs of someone who eats 2,000 calories per day.

Ask the group to share the % daily value of calcium in their product.

### **SLIDE 17\_VITAMINS, MINERALS**

Show the slide. Explain that vitamins A and C and the minerals calcium and iron are listed on the nutrition facts label. The percentages listed tell us what percent of our daily recommended value is in the food.

Other vitamins or minerals may be listed on the food label if the manufacturer chooses to add them. Foods that are fortified with vitamins and minerals (*such as cereal or energy bars*) will often have the vitamins and mineral values listed.

### **SLIDE 18\_FINAL SLIDE**

Review the key points and ask if anyone has any questions.

Thank the group for paying attention and for participating in the discussion.

Ask if the group has any questions.

Pass out the guides:

Nutrition Facts Label

Portion Guide