



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **4**

What's on the label?



The food label is where we find information such as the nutrient content, number of servings, and even the ingredients in a food. Ingredients are listed by weight. The ingredient with the greatest amount of weight is listed first; the ingredient with the smallest amount of weight is listed last.

There are many ways you can discuss the information on the label and help your child learn how to use it. Here are some ideas to get started:

- **Serving size guessing game:** When you bring snacks home, have your child guess what the serving size is. Then look at the Nutrition Facts together to check the serving size. Ask your child to measure out a serving of the snack.
- **What does a serving look like on a plate:** When you put foods on a plate for a family meal, portion a serving size on the plate. Discuss with your family so they can see what typical servings look like on a plate.
- **Repackage snacks into smaller servings:** When we eat snacks directly from the package, we aren't aware of how much we're eating. Repackaging snacks into smaller servings helps keep us from eating too much at one time.
- **What's the best snack:** Is your family choosing a snack? Have each family member pick one snack. Look at the labels. Which one has the most vitamins and minerals? Or the lowest saturated fat or added sugar?

Compare the Nutrition Facts

Look at the labels below. One is a Yummy Bar, a candy bar. The other is a snack you can make at home, graham crackers with peanut butter. Which has the lower calories? Lower fat? Lower sugar? Enter the information below each Nutrition Facts to help you find the answers. You can make the graham crackers with peanut butter at home.

Nutrition Facts

Yummy Bar

1 serving per container

Serving Size 2 bars (57g) (2oz)

Amount per serving

Calories **310**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 127mg **6%**

Total Carbohydrate 34g **12%**

Dietary Fiber 1g **4%**

Total Sugars 21g

Includes 21g Added Sugars **42%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts

Graham crackers with peanut butter

1 serving per container

Serving Size 2 whole crackers (31g) with 1 tablespoon peanut butter (16g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0g **0%**

Sodium 206mg **8%**

Total Carbohydrate 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 9g

Includes 6g Added Sugars **12%**

Protein 6g

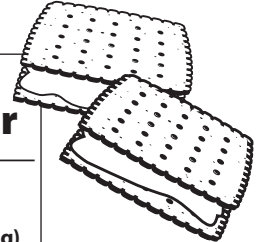
Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 6%

Potassium 140mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Yummy Bar

_____ calories

_____ fiber

_____ saturated fat, grams

_____ added sugars, grams

Graham crackers with peanut butter

_____ calories

_____ fiber

_____ saturated fat, grams

_____ added sugars, grams

Adapted from FDA's Spot the Block materials at <http://www.fda.gov/Food/ResourcesForYou>

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance