

UNDERSTANDING FOOD LABELS & HEALTHY HABITS

Aesculapians Honor Society

**Wayne State University
School of Medicine**

DISCLAIMERS

- We are a group of medical students at the Wayne State University School of Medicine.
- We cannot offer medical advice or recommendations in this session.
- The information in this presentation is intended to help you advocate for yourself with your doctors.

WHAT'S IN A FOOD LABEL?

Sample Label for Frozen Lasagna

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → **Amount per serving**
Calories 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

* 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.

HOW TO READ FOOD LABEL (STEP 1) SERVING INFO

Example				
	One Serving of Lasagna	%DV	Two Serving of Lasagna	%DV
Serving Size	1 cup		2 cups	
Calories	280		560	
Total Fat	9g	12%	18g	24%
Saturated Fat	4.5g	23%	9g	46%
<i>Trans</i> Fat	0g		0g	
Cholesterol	35mg	12%	70mg	24%
Sodium	850mg	37%	1700mg	74%
Total Carbohydrate	34g	12%	68g	24%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	6g		12g	
Added Sugars	0g	0%	0g	0%
Protein	15g		30g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	320mg	25%	640mg	50%
Iron	1.6mg	8%	3.2mg	20%
Potassium	510mg	10%	1020mg	20%

HOW TO READ FOOD LABEL (STEP 2) CALORIES

Components of a Food Label:

- How much energy per serving?
- Your energy needs depend on age, sex, height, weight, and physical activity.

Amount per serving	
Calories	280

HOW TO READ FOOD LABEL (STEP 3) NUTRIENTS

- Use the Nutrients section to support your dietary needs.
- Which nutrients do you want more of, and which do you want less of?

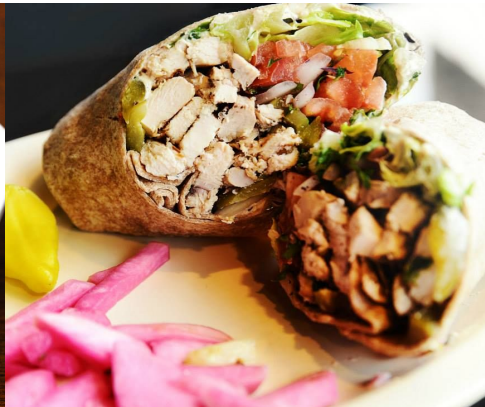
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

HOW TO READ FOOD LABEL (STEP 4) DAILY VALUE

- Understand % **Daily Value (DV)**
- The DV is the percentage of each nutrient in a single serving, based on the daily recommended amount
- If you want to consume less of a nutrient, choose foods with a lower % DV
- If you want to consume more of a nutrient, choose foods with a higher % DV

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.



HOW TO READ FOOD LABELS CONT.

Remember that the information on the label is based on a diet of **2,000** calories a day, and you may need less or more than this, depending on your age, sex, activity level, and weight goals.



FOOD LABEL READING EXAMPLE

Hot Dog Nutrition Facts



Nutrition Facts

Serving Size 1 sandwich 111 g	
Amount Per Serving	
Calories 310	Calories from fat 162
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35g	12%
Sodium 250mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 10g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



NATURE'S OWN 8 CT 100% WHOLE WHEAT HOT DOG BUNS 13 OZ
180403 3/8/2017
072250004862

Nutrition Facts

8 servings per container	
Serving size 1 Bun (46g/1.6oz)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	8%
Potassium 110mg	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.



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Dreamstime.com

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ID 54775377

Vikki Olds | Dreamstime.com

FOOD LABEL READING EXAMPLE



The image shows a blue and yellow pouch of Kraft Easy Mac macaroni & cheese dinner. The top left features a water drop icon with the text "just add water". Below it is a microwave icon with "ready in 3.5 minutes". Further down is a badge with "18 single serve POUCHES". The center features a circular logo with the Kraft logo and "macaroni & cheese DINNER" above a spoonful of the product. Below this is the text "EASY Mac" and "original FLAVOR". The bottom left has "MACARONI & CHEESE DINNER" and "NET WT 38.7 OZ (2 LB 6.7 OZ) 1.09kg". The bottom right has a barcode with the number "0 21000 67149 6".

Nutrition Facts
18 servings per container
Serving size 1 package (61g)

Amount per serving	250	% Daily Value*
Calories	250	
Total Fat 4.5g		6%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 580mg		25%
Total Carbohydrate 44g		16%
Dietary Fiber 1g		4%
Total Sugars 6g		
Includes 0g Added Sugars		0%
Protein 8g		
Vitamin D 0mg 0%	Calcium 220mg	15%
Iron 2.5mg	Potassium 250mg	6%

* The % Daily Value 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.

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCEROL MONOSTEARATE, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, VITAMIN B12, FOLIC ACID), CHEESE SAUCE MIX (WATER, MILK, CORN SYRUP SOLIDS, MILK FAT, PALM OIL, MODIFIED FOOD STARCH, SALT, MILK PROTEIN CONCENTRATE, MULTIVITAMIN, CONTAINS LESS THAN 1% OF CALCIUM CARBONATE, SODIUM TRIPHOSPHATE, MONOSODIUM PHOSPHATE, DISSOLVED CELLULOSE, CITRIC ACID, SODIUM PROPANOATE, LACTIC ACID, CALCIUM PHOSPHATE, GUAR GUM, CHEESE CULTURE, NONFAT DRY MILK, SALT, POTASSIUM TETRaborate, AND ANTIMONY DIOXIDE FOR COLOR, FLAVOR, AND STABILITY), WHEAT FLOUR, NIACIN, MILK, CONTAINS MILK, MILK, AND SOY.
DISTRIBUTED BY KRAFT HEINZ FOOD COMPANY
CINCINNATI, OH 45202

KraftHeinz

WHAT SHOULD I LOOK FOR IN A FOOD LABEL?



Balance!

- Want to make sure you are getting enough of each major nutrient (fat, carbs, proteins), but not too much of one

Strategy

- Meal Preparation
- My Plate options

RISE OF CHILDHOOD OBESITY

NCHS Health E-Stats

December 2020

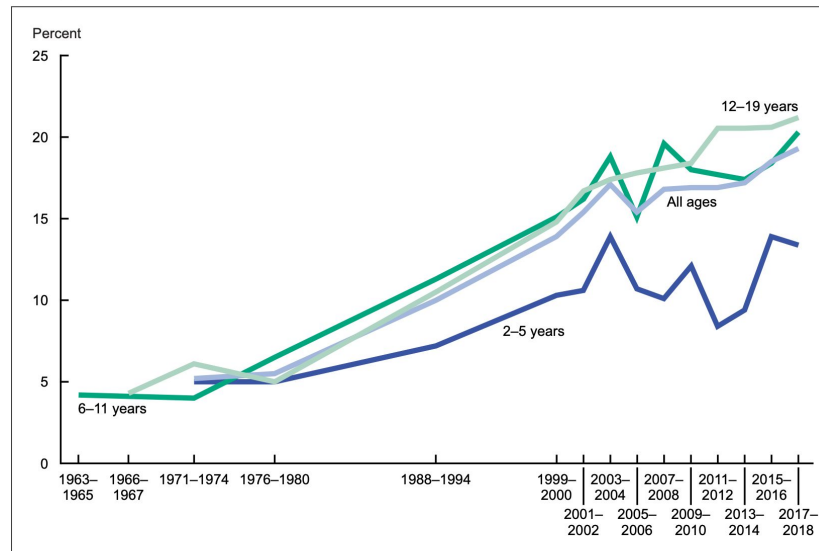
Childhood obesity has been **increasing since 1960's** →

So how much should my child weigh?

- **Obesity in children equals***
 - Age 15-18: **BMI > 27**
 - Age 12-14: **BMI > 25**
 - Age 10-11: **BMI > 22**
 - Age 8-9: **BMI > 20**
 - Age <8: **BMI > 18**

*approximate BMI's

Figure. Trends in obesity among children and adolescents aged 2-19 years, by age: United States, 1963-1965 through 2017-2018



NOTE: Obesity is body mass index (BMI) at or above the 95th percentile from the sex-specific BMI-for-age 2000 CDC Growth Charts.
SOURCES: National Center for Health Statistics, National Health Examination Surveys II (ages 6-11), III (ages 12-17), and National Health and Nutrition Examination Surveys (NHANES) I-III, and NHANES 1999-2000, 2001-2002, 2003-2004, 2005-2006, 2007-2008, 2009-2010, 2011-2012, 2013-2014, 2015-2016, and 2017-2018.

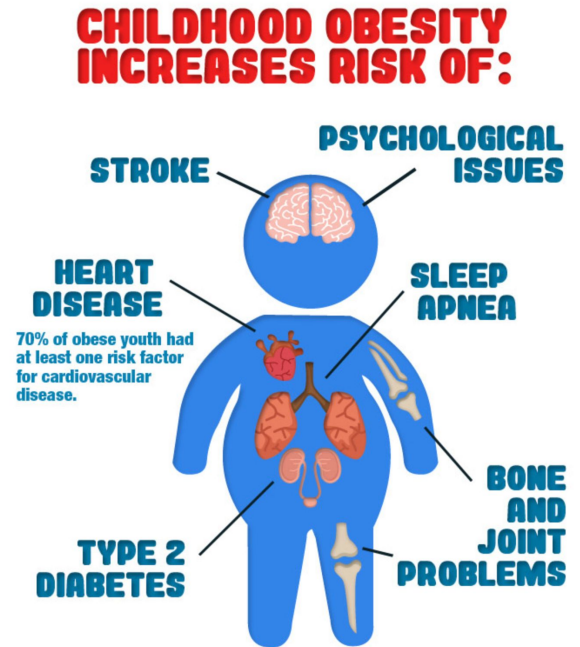
POTENTIAL COMPLICATIONS OF CHILDHOOD OBESITY

Children with obesity are more likely to have:

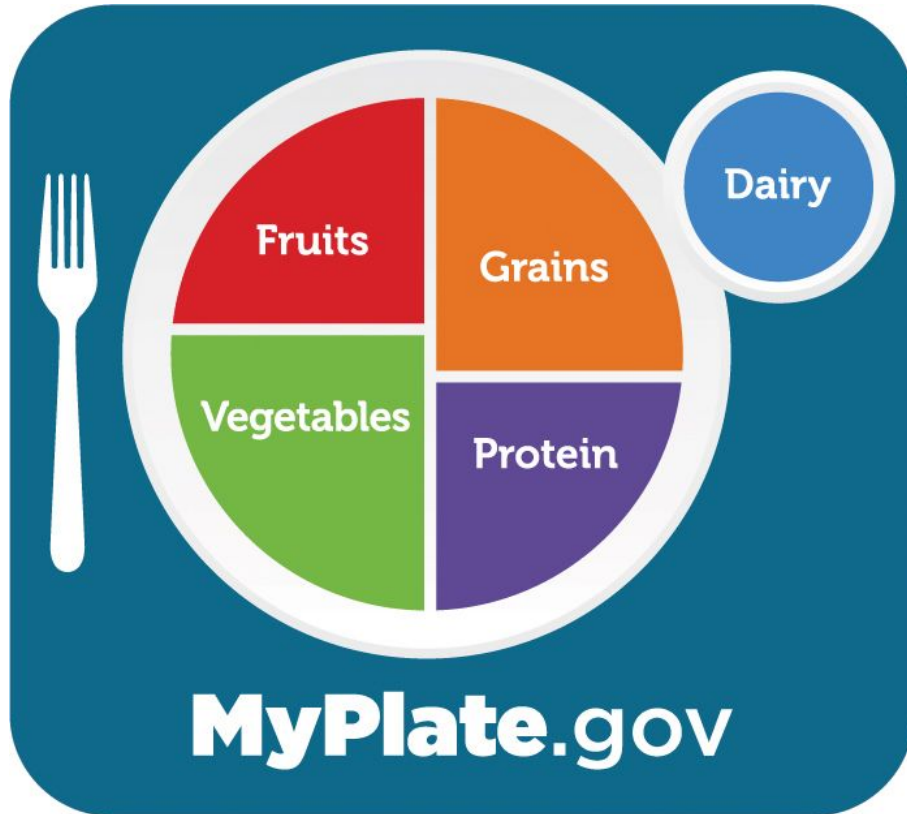
- High blood pressure and High Cholesterol
- Insulin resistance and Type 2 Diabetes
- Breathing Problems - Asthma and Sleep Apnea
- Joint Problems - Arthritis

Childhood obesity is also linked to:

- Anxiety and depression
- Low self esteem
- Social problems - bullying and stigma



HEALTHY HABITS & MYPLATE



Goals of MyPlate:

- Make half of your plate fruits and vegetables
 - Focus on whole fruits (fruits with skin) and a variety of vegetables
- The other half of your plate is grains and protein (1/4 grains, 1/4 protein)
 - Make half your grains whole grains
 - Focus on a variety of protein options (white meats, beans, lentils)
- For dairy, focus on low-fat or fat-free milk or yogurt

PROMOTING HEALTHY HABITS

1. Eat The Rainbow

- ½ Plate Fruits and Vegetables



2. Move More

- Aim for 60 Minutes/Day of Physical Activity



3. Slow Down on Sugar

- Avoid soda, juice, and flavored milk.
- Try plain water, plain low-fat milk, or 100% juice instead



PROMOTING HEALTHY HABITS CONT.

4. Reduce Screen Time

- Keep meal times tech free, charge devices outside of the bedroom, turn screens off at least one hour before bedtime



5. Sleep Well

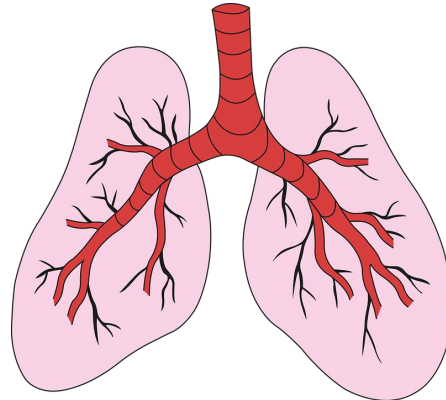
- Stay active during the day, remove screens from bedroom, set consistent sleep schedule



EXERCISE AS A HEALTHY HABIT

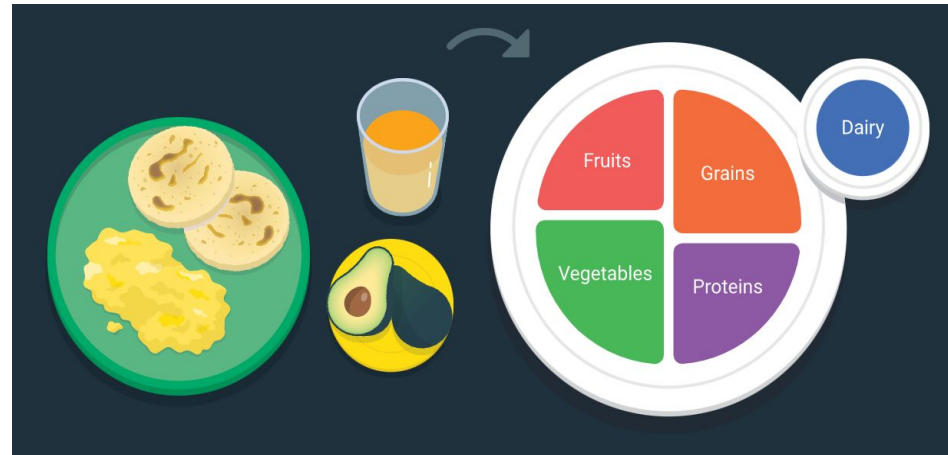
Goal → healthy and active kids!

- **60 minutes of physical activity EACH DAY!**
- Increase heart rate and breathing rate each day
 - Walking, bike riding, swimming, jumping rope, playing sports, push-ups, jumping, running



CHILDREN'S ACIVITY

[HTTPS://WWW.MYPLATE.GOV/LIFE-STAGES/KIDS](https://www.myplate.gov/life-stages/kids)



RESOURCES

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

<https://www.cdc.gov/physicalactivity/basics/children/index.htm>

<https://www.cdc.gov/diabetes/basics/diabetes.html>

<https://www.myplate.gov/about-us>

<https://www.cdc.gov/obesity/childhood/causes.html>

<https://www.cdc.gov/nchs/data/hestat/obesity-child-17-18/overweight-obesity-child-H.pdf>

https://www.cdc.gov/growthcharts/html_charts/bmiagerev.htm

<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>

QUESTIONS?

THANK YOU!

WE HOPE YOU ENJOYED LEARNING MORE ABOUT FOOD LABELS &
HEALTHY HABITS

-WAYNE STATE AESCULAPIANS