



Name

Food Labeling: Nutrition and Ingredient Information

Food Labeling

Nutrition and Ingredient Information

Are You Ready For The New Food Labels and how are they DIFFERENT?

- Tells you more about the food
- Tells you what you are getting
- The nutrition and ingredient information is required by the government

What Does the Label Look Like and Features?

- ***"Nutrition Facts"***- signals the new label
- ***Serving Size***-similar food products have similar serving sizes, it is easier to compare foods: Serving sizes are based on amounts people actually eat.
- ***New Label Information***- the nutrient list cover those most important to your health, has been on some old labels but is now required
- ***Vitamins & Minerals***- Only 2 Vitamins and Minerals are required on the food labels- Vitamins A & C, Minerals- Calcium & Iron (Fe)
- ***Label Numbers***- may be rounded for labeling

Why do some foods use an abbreviated or short nutrition label?

- Packages use that have limited space
- Label depends on what is in the food

Percent Daily Value:

- This compares foods and how it fits into the 2,000 calorie diet plan ***Daily Footnote Values:***
- ***New label reference numbers***-set by government and based on current nutrition requirements
- Some labels list for 2,000 and some 2,500 calories
- Your own nutrient need may be more than or less than this calorie level ***Calories Per Gram/Footnote:***
- Some labels tell the approximate number of calories in carbohydrates, protein, and fat.

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Can a Diet Help Reduce Osteoporosis, Heart Disease, or Cancer?

- Some nutrition packaging may carry these health claims
- This is a health claim between the nutrient and a disease or health condition or problem
- Five (5) Health Claims are allowed:

<u>Diet:</u>	<u>Disease:</u>
High Calcium	Osteoporosis
High Fiber	Cancer/Heart Disease
Low Fat	Cancer
Low in Saturated Fat & Cholesterol	Heart Disease
Low Sodium	High Blood Pressure

What Is Food Labeling?

- On almost all packaged foods in the grocery stores
- Based on 2,000 calorie diet plan
- Serving size, servings per container, calories, total fat, saturated, cholesterol, sodium, carbohydrate, sugars, fiber, protein, vitamins and minerals

Why should I read food labels?

- Health claims related to fat, fiber, sodium, cholesterol and relationship to chronic diseases
- Calcium-osteoporosis
- Sodium-High Blood Pressure
- Fat/Cholesterol-Heart Disease
- Fruits and Vegetables-Fiber
- Cancer Risks

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Information:

- By mid 1994 nutrition labels were required on almost all packaged foods
- Only 7 types of health claims are permitted
- Light free < 5 calories per serving, Low Calorie < 41 calories per serving, Reduced Calorie 25% fewer calories, Light 1/3 fewer calories or 50% less, Lite if > 50% of calories from Fat has to be reduced 50% or more-Calorie Sugar- Sugar Free-< 1/2 gm sugars per serving, Low Sugar-cannot use, Reduced Sugar-25% less sugar per serving, No sugar added, no added sugar, without added sugar-no sugar or food containing sugar is added during processing or packaging
- Fat Free < 1/2 gm fat/serving, Low Fat < 3 grams per serving, Reduced Fat 25% less fat, Cholesterol Free < 2 mg. cholesterol per serving, low cholesterol- ≤ 20 mg. per serving
- Reduced Chol.-25% less cholesterol and 2 gm or less of saturated fats

WHAT CAN I DO?

- See your Physician or Health Care Provider
- See a RD to better understand food labels for your special needs

Definitions:

- **Insoluble Fiber**- Do not dissolve in water, increase bulk and act as a laxative
- **Fat**- Concentrated source of energy with 9 calories per gram, the AHA recommends to limit Fat to 30% of the total calories consumed
- **Saturated Fat**- Increase blood cholesterol levels, increasing the risk of cardiovascular disease, as animal foods
- **Monounsaturated Fat**-neither increase or decrease fat in blood
- **Polyunsaturated Fat** -Reduces the risk of cardiovascular disease
- **Cholesterol**- Found only in animal foods and shellfish, most of the body's cholesterol is made in the liver, some is absorbed from the diet

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What are the New Labeling Requirements?

- Food labeling is mandated by federal and state laws to ensure accurate representation of the product. The FDA regulations are contained in the Code of Federal Regulations (CFR), Title 21. Meat and Poultry are published in (CFR), Title 7.
- The label gives a written declaration of information for the consumer.
- Must be on the label-identity, quantity, responsibility, and ingredients.
- Name of Product-BOLD letters and is a statement of identity

Foods with Standard of Identity and Standard Names:

Milk and Cream Products

Cheese and Cheese Products

Frozen Desserts

Bakery Products

Cereal Foods and Related Products

Macaroni and Noodle Products

Canned Fruit

Canned Fruit Juices

Fruit Butters, Jellies, Preserves, and Related Products

Fruit Pies

Canned Vegetables

Vegetable Juices

Frozen Vegetables

Eggs and Egg Products

Fish and Shellfish

Non-Alcoholic Products

Margarine

Sweeteners and Table Syrups

Food Dressings and Flavorings

- Foods not covered under the standard of identity are called non standardized foods.
- Quantity or Net Contents Statement-how much is in the package or container-quantity declaration=edible portion.
- Canned Goods=Net contents=water and juices.
- Water added=water is intentionally added to a product as ham.

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- Dry weights are easier to control than fluid weights-example-bacon has moisture so the manufacturer over packs to make sure enough of the product-more in the package than the label claims.
- Declaration of Responsibility=name of the manufacturer, address, city, state and zip code.
- "Enzymatic Browning" browning of foods as bananas, apples, potatoes, etc...-this can be prevented by the use of food additives as BHA, BHT, TBHQ, used to prevent oxidative rancidity, when air reaches the product then the product will get an off-taste, lose freshness, and have a bad taste.
- Nitrites are used in meats and poultry products to retard bacterial growth

How to Read Nutrition Labels:

- New heading signals a new label
- Serving size and per container
- Calories and Calories from Fat-(recommends no more than 30% of calories from fat)
- Nutrients most important to health as Fat, PUS, SAT, Cholesterol, Sodium, Total Carbohydrate, Dietary Fiber, Sugars and Protein, give grams as well as the %-how the food fits into the overall diet, includes also vitamins, iron, and calcium and is based on a 2,000 calorie diet plan
- Conversion table at the bottom for Carbohydrate, Protein and Fat

Using Nutrition Labeling in Making Wise Food Choices:

- Encourage Healthy Diet
- DV's=Daily Values, DRV's=Daily Reference Values, RDI's=Reference Daily Intakes
- The label is based on 2,000 calories-daily value for fat is 65 grams and if a food contained 13 grams = 20%
- There will be signs and labels in the produce section as well as other sections with explanations of the serving size, the FDA guidelines, 20 most popular raw vegetables, this is to help the consumer have a better understanding of the product they are purchasing

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- Also will include the calories per serving, amount of protein, total carbohydrates, total fat and sodium per serving and the percent of RDA's for Calcium, Iron, Vitamin A and C per serving
- US RDA for B1,2,3, protein, and the amount of complex carbohydrates, sugars, dietary fiber, saturated fats and cholesterol is optional
- There will be lists in the grocery store of the top 20 fish, vegetables, and fruits, most common ones sold

Why is Nutrition Labeling Important?

- Helps consumers select foods for the entire day to supply RDA's
- Help consumers recognize the nutrients
- Compare nutrient content and relative cost
- Identify types and amounts of nutrients

Definitions of Terms:

Nutrients- components of foods that help nourish the body
Carbohydrate, Protein, and Fat and they help supply the body with energy for building and repairing the tissues

Nutrition- Science of how food and nutrients are used in the body.

Calorie- Unit used to measure the amount of energy in food

RDA- (Recommended Daily Allowance) for maintenance of health in individuals in the United States of America

USRDA- The highest RDA value established for age and sex group for each nutrient

Related CHO-(Carbohydrates)- Includes sugars as table sugar, honey and fructose (fruit sugar)

Complex CHO-Long chains of sugars arranged as in a starch or fiber

Dietary Fiber-Complex carbohydrates (CHO) found in plant material that humans can not digest-soluble and insoluble fiber

Soluble Fiber-Dissolves in water (H₂O), may play a role in lowering the cholesterol levels in blood and in regulating the blood's use of sugar

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Claims on the Food Labels---CAN WE BELIEVE?

- Some labels make claims as light, cholesterol free or low fat
- These terms can now be used only if the product/food meets strict government definitions.

LABEL CLAIMS:

DEFINITION:

Calorie Free	Less than 5 calories
Low Calorie	40 Calories or Less
Lite or Light	1/3 Fewer Calories or 50% less Fat-if > half of the calories are from Fat,.Fat Content must be reduced by 50% or more
Light in Sodium	50% less Sodium
Fat Free	< 1/2 Gram Fat
Low Fat	3 Grams or Less Fat
Cholesterol Free	< 2 mgs. Cholesterol & 2 gms. or less Saturated Fat
Low Cholesterol	20 mgs. or less Cholesterol & 2 gms. or less Saturated Fat
Sodium Free	< 5 mgs. Sodium
Very Low Sodium	35 mgs. or less Sodium
Low Sodium	140 mgs. or less Sodium
High Fiber	5 Grams or More Fiber

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Quiz for Food Labeling:

(TRUE or FALSE)

1. The new food label tells you more about the food, tells you what you are getting but it is not required by the government.
2. The new label features nutrition facts and makes it easier to compare foods.
3. Some packages use an abbreviated or short nutrition label, this is not acceptable.
4. The new label compares food and how it fits into a 2,000 calorie diet plan.
5. Some labels tell the approximate amount of carbohydrates, protein, and fat.
6. Some labels make claims as calorie free, low calorie, light in sodium, etc...
7. On the new labels the nutrition packaging will or can include health claims between the nutrient and the disease or the health condition.
8. Some of the health claims are High Calorie, High Fat, High Cholesterol, and Low Sodium.
9. Nutrition Labeling is important to help identify types and amounts of nutrients.
10. Nutrition Labeling is important to compare nutrient content and relative cost.
11. Complex Carbohydrates (CHO) are starches as breads, rice, potatoes, etc...
12. Soluble fiber dissolves in water and may play a role in lowering cholesterol levels in the blood and in regulating the blood's use of sugar.
13. Calorie- is a unit to measure the amount of energy in a food.
14. Polyunsaturated Fats reduces the risk of cardiovascular disease.

Quiz:

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Answers for Food Labeling:

Quiz for Food Labeling:

(TRUE or FALSE)

1. The new food label tells you more about the food, tells you what you are getting but it is not required by the government. False
2. The new label features nutrition facts and makes it easier to compare foods. True
3. Some packages use an abbreviated or short nutrition label, this is not acceptable. False
4. The new label compares food and how it fits into a 2,000 calorie diet plan. True
5. Some labels tell the approximate carbohydrates, protein, and fat. True
6. Some labels make claims as calorie free, low calorie, light in sodium, etc... True
7. On the new labels the nutrition packaging will or can include health claims between the nutrient and the disease or the health condition. True
8. Some of the health claims are High Calorie, High Fat, High Cholesterol, and Low Sodium. False
9. Nutrition Labeling is important to help identify types and amounts of nutrients. True
10. Nutrition Labeling is important to compare nutrient content and relative cost. True
11. Complex Carbohydrates (CHO) are starches as breads, rice, potatoes, etc... True
12. Soluble fiber dissolves in water and may play a role in lowering cholesterol levels in the blood and in regulating the blood's use of sugar.
13. Calorie- is a unit to measure the amount of energy in a food. True
14. Polyunsaturated Fats reduces the risk of cardiovascular disease. True

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Education Record for Dietary Department

Date: _____ Time: _____ Instructor: _____

Title: **FOOD LABELING**

Persons in Attendance-sign below- all employees***

A synopsis of the in-service includes:

- What labels include
- Nutrition Facts
- Health
- Vitamins and Minerals
- Based on 2,000 Calories
- Carbohydrate, Protein and Fat
- Fiber, Sodium
- Nutrition Claims
- Goals

Signatures:

1: _____	11. _____
2: _____	12. _____
3: _____	13. _____
4: _____	14. _____
5: _____	15. _____
6: _____	16. _____
7: _____	17. _____
8: _____	18. _____
9: _____	19. _____
10: _____	20. _____

Responses and Comments:

CERTIFICATE

1 HOUR ON - FOOD LABELING

CERTIFICATE FOR: _____

DATE: _____

TITLE: FOOD LABELING

BY: FOOD FITNESS FIRST, INC. TM

SIGNATURE: _____

www.foodfitnessfirst.com

