

Nutrition Labels

Introduction to Nutrition Labels

What are Nutrition Labels?

Explanation of what nutrition labels are and why they are important

Where to find nutrition labels on food packaging

Why Read Nutrition Labels?

Importance of understanding what's in your food

How nutrition labels help make healthier choices

Components of a Nutrition Label

Serving Size

Definition of serving size and its importance

Examples of common serving sizes for different foods

Calories

Explanation of what calories are and why they matter

How to read calorie information on a label

Nutrients

Overview of key nutrients listed on nutrition labels:

Fats
Cholesterol
Sodium
Carbohydrates
Protein
Vitamins and minerals

Practical Application

Reading Nutrition Labels

Step-by-step guide on how to read a nutrition label

Practice reading labels from different food products

Comparing Products

Activities to compare nutrition labels of similar products (e.g., different types of cereal)

Discussing which options are healthier and why



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Understanding Daily Values

What are Daily Values?

Explanation of % Daily Value (%DV) and how it helps in understanding nutrient amounts

How to use %DV to compare foods and make healthier choices

High and Low Daily Values

Identifying high and low %DV (5% or less is low, 20% or more is high)

Which nutrients to look for higher %DV (fiber, vitamins) and lower %DV (saturated fat, sodium, added sugars)

Making Healthier Choices

Identifying Healthy Foods

Tips for choosing foods with more fiber, vitamins, and minerals

Avoiding foods with high amounts of added sugars, sodium, and unhealthy fats

Snack Attack: Healthy Choices

Exploring healthy snack options using nutrition labels

Creating a list of go-to healthy snacks



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