

## Interpreting Labels

- 1. LOCATE/CREATE: a resource to be shared with clients who would benefit from a review of nutrient labels. Include a small statement of why you chose this resource. Cite source (5pts)**

I chose this resource because it is simple, color coded, and a great visual to explain all the parts of the nutrition label as well as what to avoid and how much you need of different things.

<https://i.pinimg.com/736x/81/07/4b/81074b00b0272aaad14f0e74ff7733cd--nutrition-data-reading-nutrition-labels.jpg>

- 2. TRANSLATING Ingredients: Sugar, in various forms, is a common added ingredient, however it can be identified through various characteristics and names. This can create confusion for clients who are trying to make stair-step healthy option. Therefore, locate a resource that reviews the different names for sugar that could be shared with your client (3pts)**

This article from Good Housekeeping was great. It explained the 4 most common types of sugars and where they come from. It also talked about the differences between natural and added sugar. It gave a thorough list of names of added sugars, talked about how to calculate sugar on the food label, and gave some tips about making good choices.

<https://www.goodhousekeeping.com/food-recipes/healthy/a18910/types-of-sugar-0921/>

- 3. Cooking capabilities. With increasingly busy lifestyles, clients are navigating a myriad of influences that dictate their nutritional options. Basic culinary skills along with accessible cooking space, tools, as well as foods can provide agency over meal preparation. (14 pts.)**

- Locate and share an instructional cooking video online (or create one) that uses 5 ingredients or less;  
<https://youtu.be/LMLSISU0GFc> (Some of the recipes on here use other simple fresh ingredients, but I am focusing on the fruit)
- What cooking tools are needed?  
Blender, knife, spoon, bowl, cup, toaster or skillet to toast bread
- What primary macro and at-least 3 micronutrients are supplied with this meal  
Vegetation, Hydration, Carbohydrate, Fiber, Magnesium, Calcium, Vitamin A
- Supply an additional nutritious meal/recipe that could be made with the same ingredients  
In addition to the fruit on toast and fruit/yogurt bowl, you could make a fruit smoothie with the same ingredients

\*Sometimes breakfast is hardest meal to think about. It's nice to have options besides cereal or eggs.