Name: _____ Date: _____ **Assignment #15A**

Understanding Nutrition Labels

Answer all of the following questions to the best of your ability in complete sentences on another piece of paper.

1. Compare and contrast the foods assessed in Labels A and B. How are the nutrients found in these foods similar? How are the nutrients different? Support your conclusions with evidence.

Nutrition Facts
Serving Size 2 Oreos® (0g)

Amount Per Serving	
Calories 160	Calories from Fat 60
	%Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
Serving Size 1 cup (244g)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2. Examine the nutritional label to the right. Would you recommend that the food described and assessed be consumed on a regular basis? Support your answer with reasoning and evidence.

Nutrition Facts
Serving Size 1/2 cup (115g)
Servings Per Container About 4

Amount Per Serving	
Calories 250	**Calories from Fat** 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 9g	**45%**
Cholesterol 55mg	**18%**
Sodium 75mg	**3%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 0g	**0%**
Sugars 26g	
Protein 4g	

Vitamin A 10% Vitamin C 0%
Calcium 10% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Assignment 15B – Evaluating Proposals to Change Nutrition Labels

Recently, the Center for Science in the Public Interest has examined current food labels and put forth recommendations for changes to the labels mandated by the Food and Drug Administration (FDA). The FDA has also proposed its own changes to food labels to reflect new research and understanding of the relationship between diet and health.

Examine both sets of proposed changes and answer the following questions in complete sentences.

1. Summarize the changes made to current labels. What problems or issues are these changes attempting to address?

2. What is your opinion on these proposed changes? Do you feel as though they address the issues with nutrition labels? Support your reasoning.

3. Getting political, do you think the government has the right to mandate that companies include detailed information about the healthfulness of their food products?

Questions to ponder to help you answer #3:

- Being that you are (almost) an adult, who has the right to tell you what you can eat?
- Should foods high in fat or sugar be regulated by the government (ex. taxed like cigarettes)?
- If there is evidence that eating choices can cause harm to one's health, does the government have a right to protect its citizens? Or does it have a duty? Or is individual liberty the most important factor to protect?

CURRENT

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 40
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

PROPOSED

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories 230

% DV*	
12%	**Total Fat** 8g
5%	**Saturated Fat** 1g
	***Trans* Fat** 0g
0%	**Cholesterol** 0mg
7%	**Sodium** 160mg
12%	**Total Carbs** 37g
14%	**Dietary Fiber** 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g

10%	**Vitamin D** 2mcg
20%	**Calcium** 260mg
45%	**Iron** 8mg
5%	**Potassium** 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Label Makeover

Current Label

Nutrition Facts
Serving Size 1/14 Cake (107g)

Servings per Container 14

Calories 350	Calories from Fat 180	
	Amount/serving	**% Daily Value***
Total Fat	14g	**22%**
Saturated Fat	5g	**25%**
Trans Fat	0g	
Cholesterol	30mg	**10%**
Sodium	290mg	**12%**
	Amount/serving	**% Daily Value***
Total Carbohydrate	53g	**18%**
Dietary Fiber	5g	20%
Sugars	36g	
Protein	4g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 ● Carbohydrate 4 ● Protein 4

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SKIM MILK, VEGETABLE OIL (PALM, SOYBEAN AND/OR COTTONSEED OILS), WATER, COCOA PROCESSED WITH ALKALI, EGGS, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CHERRIES, WHITE GRAPE JUICE CONCENTRATE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHOLE WHEAT FLOUR, CARAMEL COLOR, POLYDEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, CORN STARCH, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, POLYGLYCEROL ESTERS OF FATTY ACIDS, SODIUM ALGINATE, NATURAL COCOA EXTRACT, PROPYLENE GLYCOL MONO- AND DIESTERS OF FATS AND FATTY ACIDS, MALTODEXTRIN, GELLAN GUM, LACTYLIC ESTERS OF FATTY ACIDS, SOY LECITHIN, POLYSORBATE 60, SOY FLOUR, COFFEE. **CONTAINS MILK, WHEAT, EGGS AND SOY.**

Calories and serving size should be in larger type.

Unnecessary, omit.

The Daily Value for sodium should be 1,500 mg, not 2,400 mg.

Without Daily Values for trans fat, added sugars, and protein, consumers don't know how much to shoot for each day.

"Dietary fiber" could be called "Fiber" and should include only the fiber in whole grains, beans, vegetables, fruit, and other real foods. Inulin, maltodextrin, and similar purified fibers should not count as fiber.

This information isn't useful for most consumers. Omit.

Only added sugars (high-fructose corn syrup, table sugar, etc.), not naturally occurring sugars in milk and fruit, are the problem.

All-capital letters and sans serif fonts are hard to read.

Better Label

If the food contains grains, the label should say what percent are *whole* grains.

The FDA should ban artificial trans fat and delete this line.

Red color and "High" signal when a serving has at least 20 percent of the Daily Amount for saturated fat, trans fat, cholesterol, sodium, or added sugars.

Caffeine content is disclosed.

When all the sugars are combined, they become the first ingredient.

Label should show percentages by weight of key ingredients.

Bullets separate ingredients.

Minor ingredients and allergens are listed separately.

Grains: 2% whole

Nutrition Facts
Serving Size 1/14 Cake (107 g)

Calories in 1 serving 350

1 Box has: 14 Servings • 4,900 Calories

Amount per serving			% Daily Amount*
Total Fat	14 g		22%
Saturated Fat	5 g	High	25%
Trans Fat	0 g		0%
Cholesterol	30 mg		10%
Sodium	290 mg		19%
Total Carbohydrate	53 g		18%
Fiber	3 g		12%
Added Sugars	30 g	High	120%
Protein	4 g		8%

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	15%

*% Daily Amount is based on 2,000 calories a day. 20% or more of the DA is HIGH. 5% or less is LOW.

50 mg caffeine per serving

Ingredient Facts

Major Ingredients: Sugars (sugar, corn syrup, high-fructose corn syrup, white grape juice concentrate) (28%) • Skim milk • Refined bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid) • Vegetable oil (palm, soybean, and/or cottonseed oils) • Water • Cocoa processed with alkali (5%) • Eggs (4%) • Cherries (3%)

Contains 2% or less of: Whole wheat flour • Caramel color • Polydextrose • Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate) • Salt • Corn starch • Mono- and diglycerides • Natural and artificial flavors • Polyglycerol esters of fatty acids • Sodium alginate • Natural cocoa extract • Propylene glycol • Mono- and diesters of fats and fatty acids • Maltodextrin • Gellan gum • Lactylic esters of fatty acids • Soy lecithin • Polysorbate 60 • Soy flour • Coffee

Allergy Information: Contains MILK • WHEAT • EGGS • SOY