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What to Look For: Nutrition Facts Labels and Ingredient Lists

October 15, 2019

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODE: 1320

ARIZONA Department of Education

What To Look For:

Nutrition Facts Labels

- New nutrition facts label
- Decode the label
- What to look for on nutrition facts labels

Ingredient Lists

- Order of ingredients
- Hidden ingredients
- Allergens
- Whole grains
- Long vs. short ingredient lists

Why Is This Important?

Decoding nutrition facts labels and ingredient lists can be CHALLENGING.

Understanding how to read these labels can make it easier for you to make informed food choices that contribute to a healthy diet for you and for your students!

Nutrition Facts Label Use in Young Adults

Nutrition Facts Panels: Who Uses Them, What Do They Use, and How Does Use Relate to Dietary Intake?

What were the key findings?

- Almost 1/3 of participants used labels frequently.
- Women and participants with specific weight goals and higher education were particularly likely to read labels.
- Label users looked at sugars, calories, and serving size most often.
- Label users and non-users differed on many dietary outcomes.
- Label users reported consuming more vegetables, fewer added sugars, and eating less frequently at fast-food restaurants.

Christoph MJ, Larson N, Laska, MN, Neumark-Sztainer D. Nutrition Facts Panels: Who Uses Them, What Do They Use, and How Does Use Relate to Dietary Intake? *Journal of the Academy of Nutrition and Dietetics.* 2018. https:doi.org/10.1016/j.jand.2017.10.014

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Nutrition Facts Labels

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Nutrition Facts Labels

Nutrition facts labels tell you how nutrient dense and how energy dense foods are.

Nutrient density: how many beneficial nutrients a food has per serving

Energy density: how many calories a food has per serving

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FDA Update

The Food and Drug Administration (FDA) updated the Nutrition Facts Label in 2016.

Original Label

Nutrition Facts

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

Amount Per Serving

Calories 230	Calories from Fat 72
	% 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 12g	
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

New Label

Nutrition Facts

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

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
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Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

Manufacturers have until 2021 to comply with the new label, but many manufacturers have already started using the new label.

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Let's decode the label...

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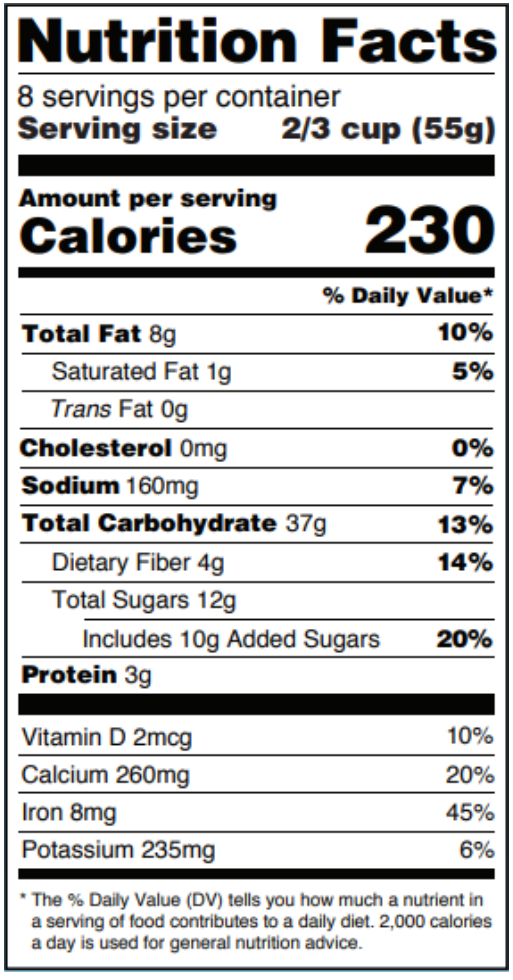
Decoding the Label



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Serving Size

The amount people typically eat at one time. Provided in weight (ounces, grams), and volume (cups, tbsp) or count (10 chips). Compare your portion size to the serving size listed on the label.

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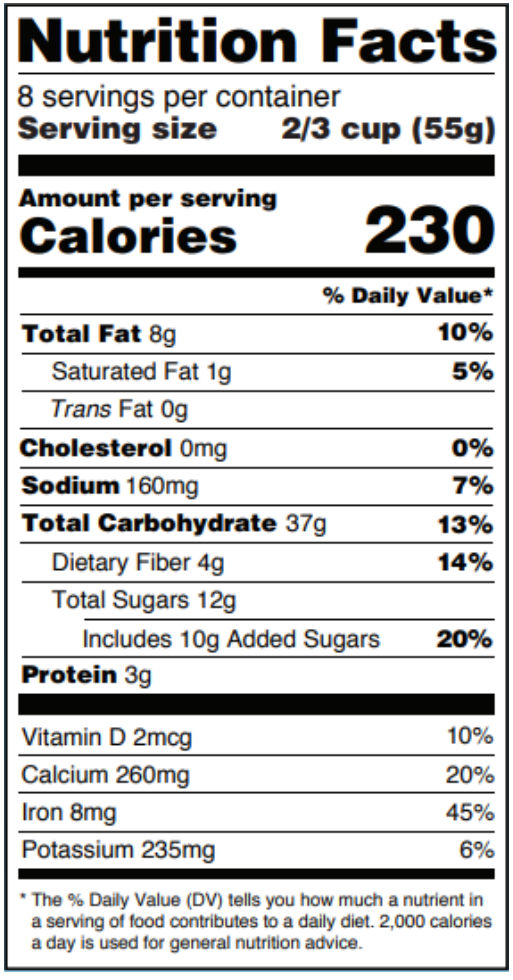

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Calories

A measure of how much energy you get from a serving of this food.

40 calories or less is "low"
100 calories is "moderate"
400 calories or more is "high"

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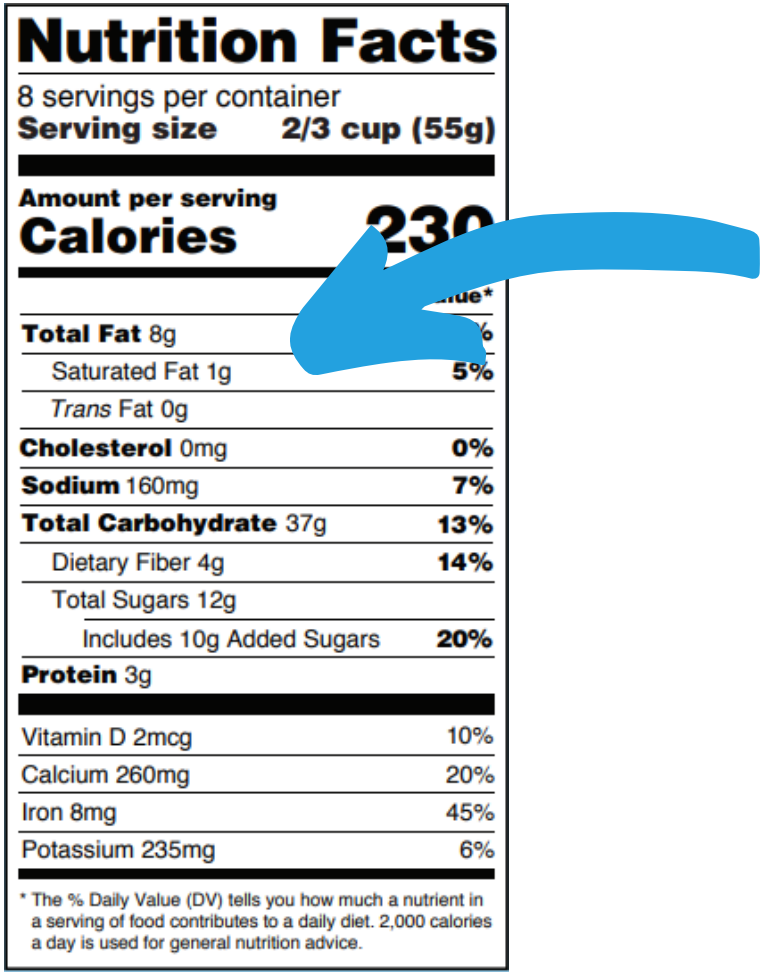

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Total Fat

The amount of fat per serving from *all* types of fat.

Saturated Fat & Trans Fat

Less healthy fats, so they are listed separately on the label.

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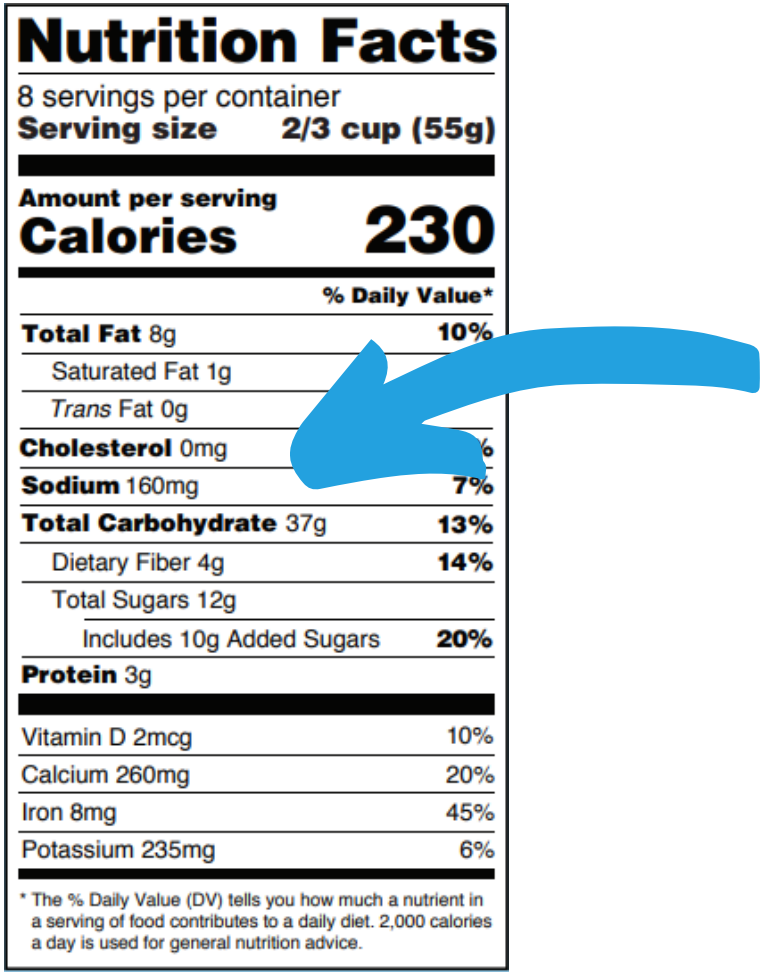

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Cholesterol

A waxy substance found in animal products.

Sodium

A chemical element found primarily in processed foods.

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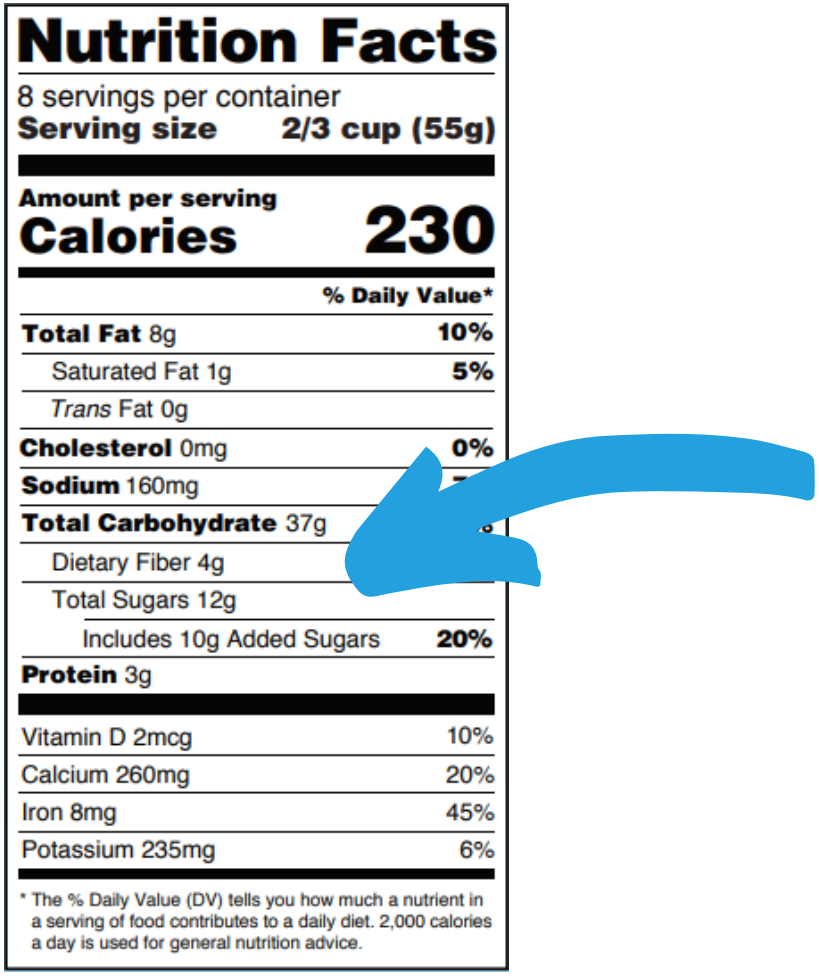

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Total Carbohydrate

The amount of carbohydrates per serving from *all* types of carbohydrates.

Dietary Fiber

The parts of plant foods the body cannot digest or absorb.

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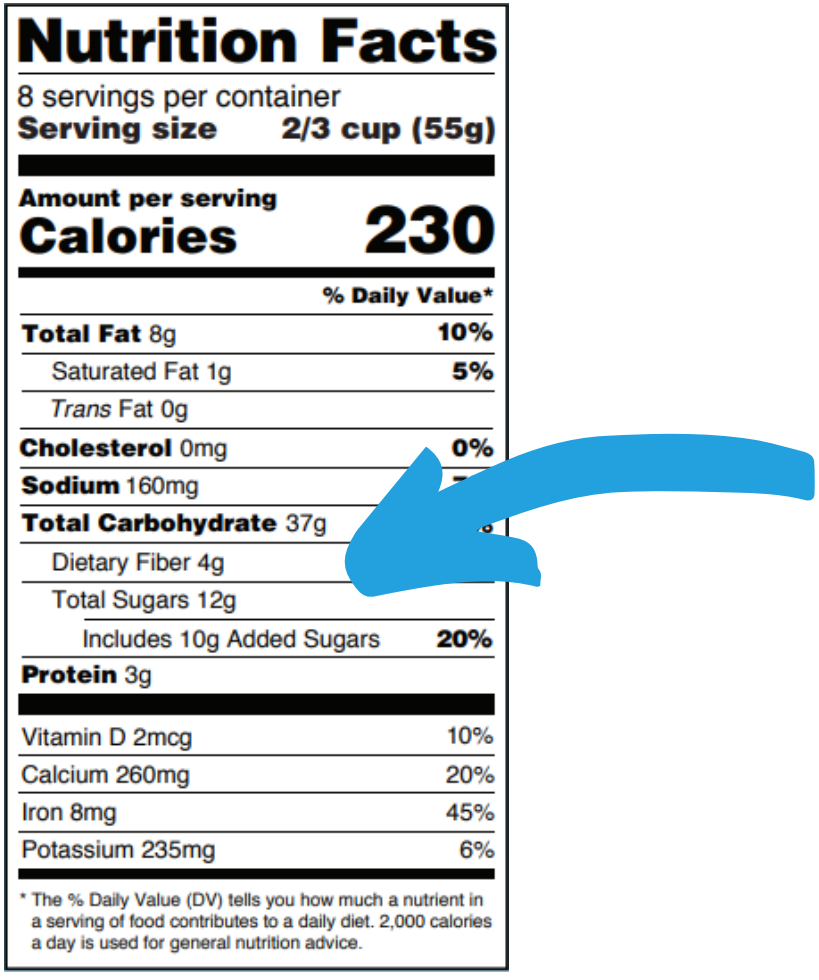

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Total Sugars

The total amount of sugar per serving, including naturally occurring and added sugars.

Added Sugars

Any sugars or sweeteners that are added to foods during processing.

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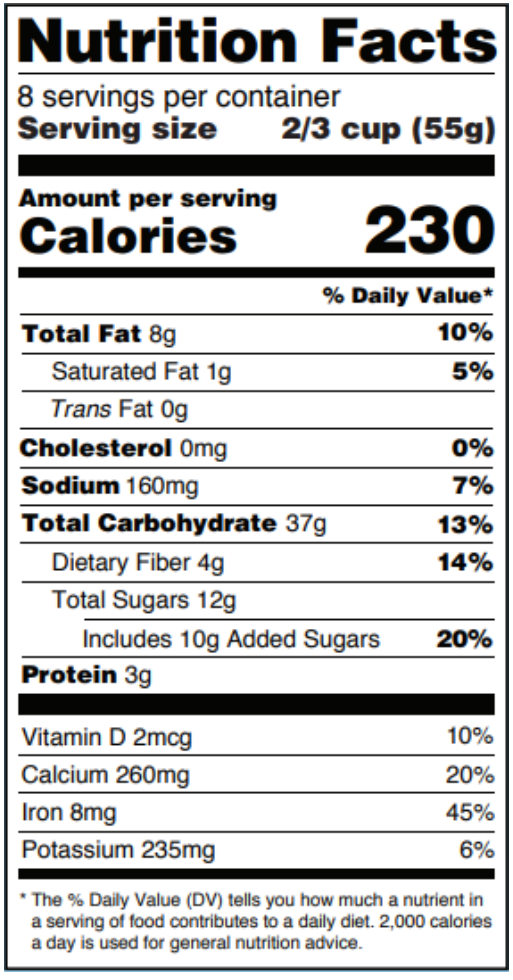

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Protein

An essential muscle-building nutrient.

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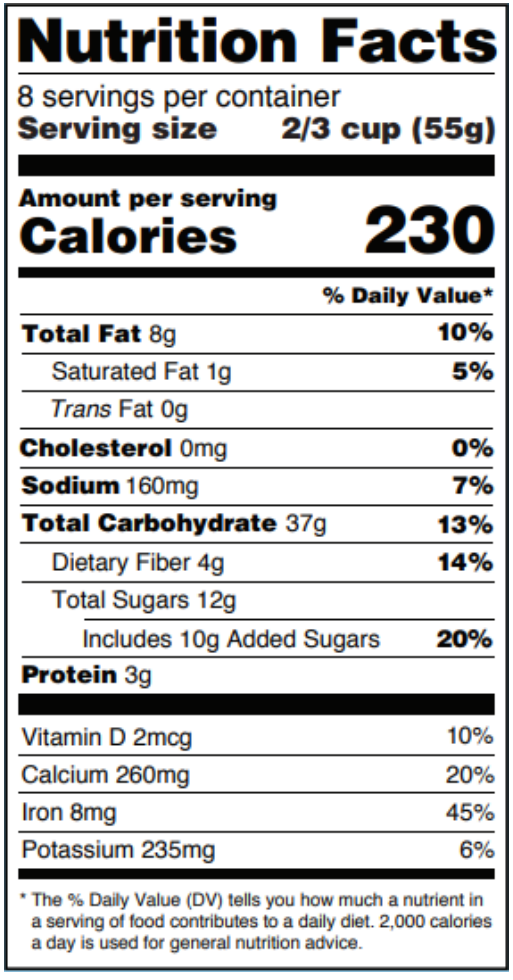

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Nutrients of Public Health Significance

Vitamin D
Calcium
Iron
Potassium

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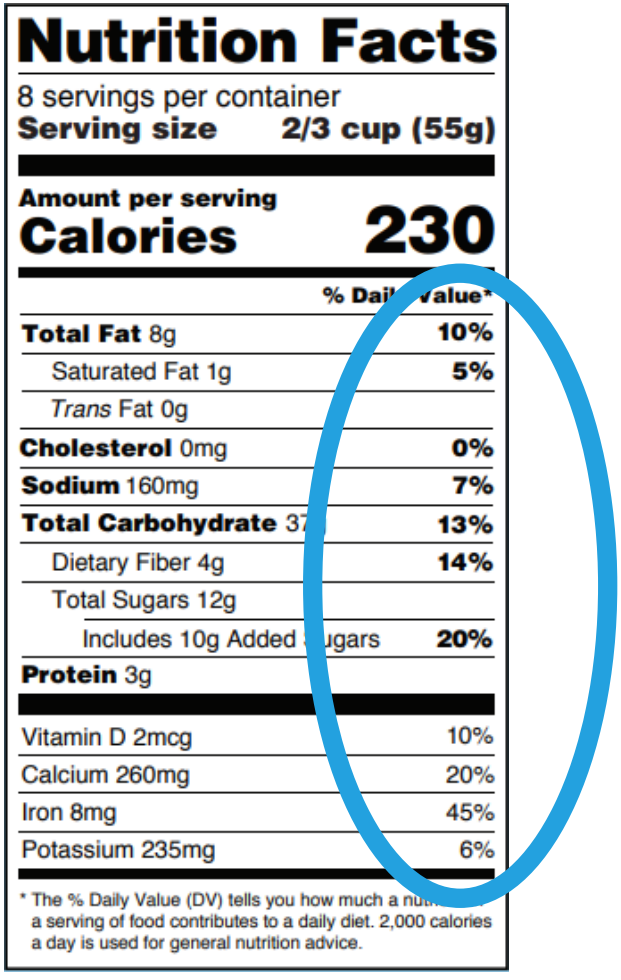

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Daily Value (DV)

Average levels of nutrients a person eating 2,000 calories a day should consume.

Percent Daily Value (%DV)

How much a nutrient in one serving of food contributes to a daily diet.

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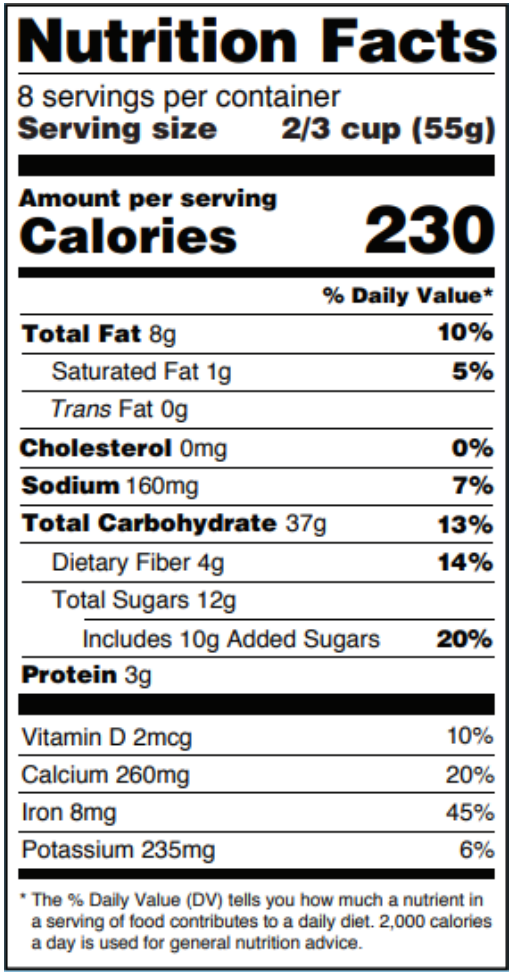

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Daily Value (DV)

Average levels of nutrients a person eating 2,000 calories a day should consume.

Percent Daily Value (%DV)

How much a nutrient in one serving of food contributes to a daily diet.

This item has 10% of the total fat that a person consuming 2,000 calories a day should eat.

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What to Look For...

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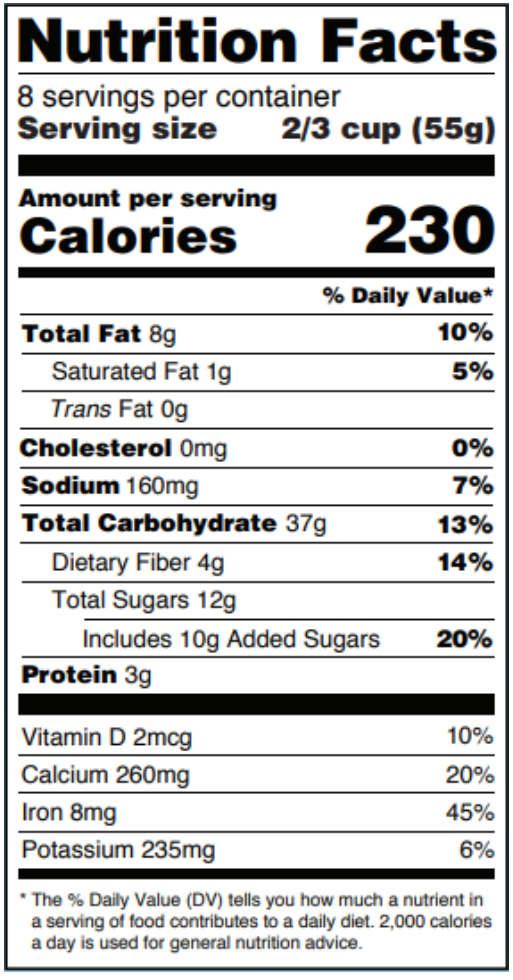
What to Look For



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≤ 5% = low source

Desirable for sodium, saturated fat, cholesterol, and added sugars

10-19% = good source

Desirable for fiber, Vitamin D, Calcium, Iron, and Potassium

≥ 20% = high, excellent, or rich source

Desirable for fiber, Vitamin D, Calcium, Iron, and Potassium

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Protein and calories do not have %DVs; needs vary based on age, gender and activity level.

Trans fat should always be zero.

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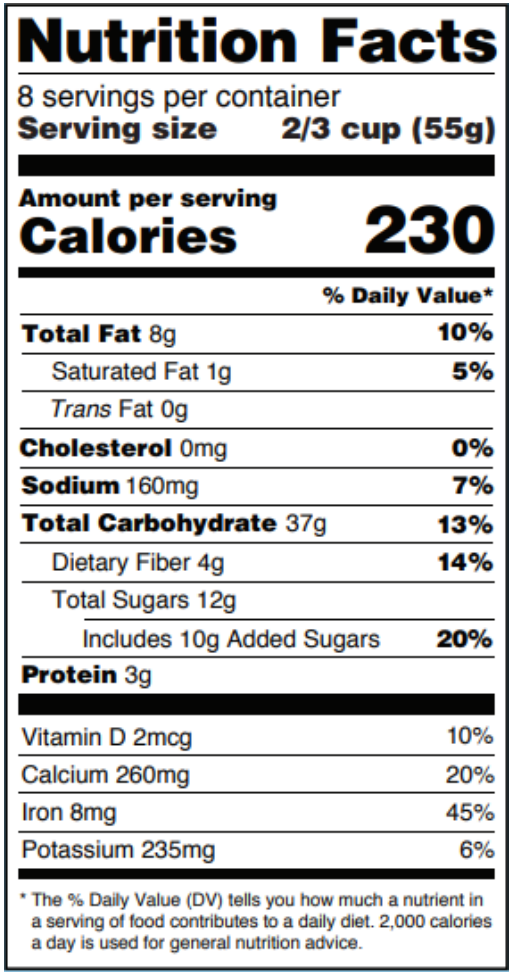

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Let's evaluate this product!

Pros:

Low source of saturated fat
Low source of cholesterol
Good source of fiber
Good source of Vitamin D
Excellent source of Calcium
Excellent source of Iron

Cons:

High in added sugars

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Making Sense of Ingredient Lists

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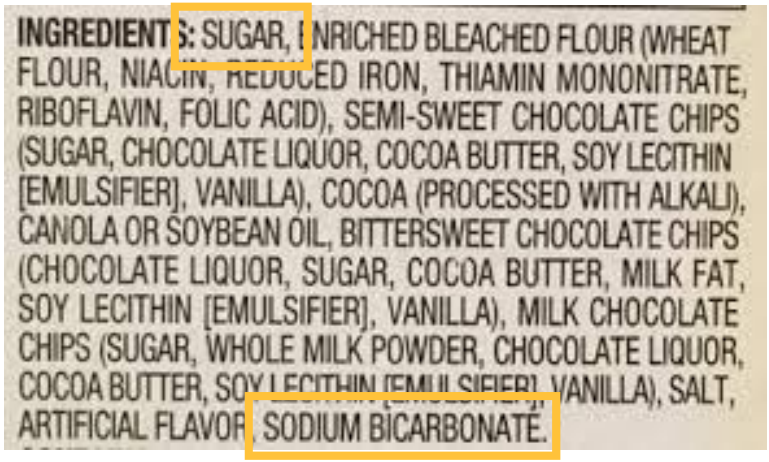
Have you seen an ingredient list like this?

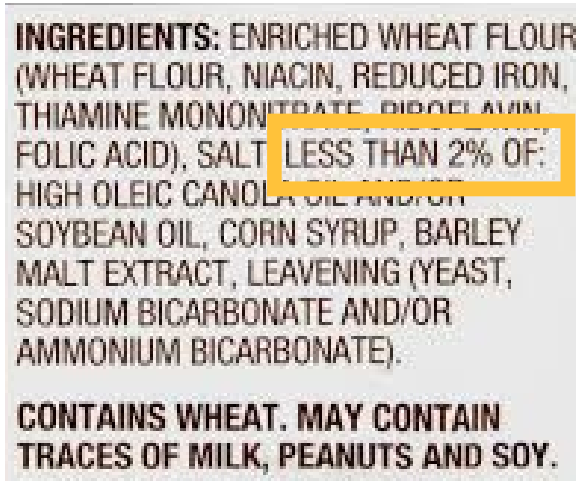
Ingredients: *Chicken Stock, Carrots, Potatoes (With Sodium Acid Pyrophosphate To Protect Color), Peas, Heavy Cream, Modified Food Starch, Contains 2% Or Less Of Wheat Flour, Salt, Chicken Fat, Dried Dairy Blend (Whey, Calcium Caseinate), Butter (Cream, Salt), Natural Chicken Flavor With Other Natural Flavors (Salt, Natural Flavoring, Maltodextrin, Milk Solids, Nonfat Dry Milk, Chicken Fat, Beef Extract, Ascorbic Acid [To Help Protect Flavor]), Monosodium Glutamate, Liquid Margarine (Vegetable Oil Blend [Liquid Soybean, Hydrogenated Cottonseed, Hydrogenated Soybean], Water, Vegetable Mono And Diglycerides, Beta Carotene [Color]), Roasted Garlic Juice Flavor (Garlic Juice, Salt, Natural Flavors), Gelatin, Roasted Onion Juice Flavor (Onion Juice, Salt, Natural Flavors), Chicken Pot Pie Flavor (Hydrolyzed Corn, Soy And Wheat Gluten Protein, Salt, Vegetable Stock [Carrot, Onion, Celery], Maltodextrin, Partially Hydrogenated Soybean Oil, Flavors, Dextrose, Chicken Broth), Chicken Stock, Sugar, Mono and Diglycerides With Citric Acid to Protect Flavor, Spice, Seasoning (Soybean Oil, Oleoresin Turmeric, Spice Extractives), Parsley, Citric Acid, Caramel Color, Yellow 5. Enriched Flour (Bleached Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Hydrogenated Palm Kernel Oil, Water, Nonfat Milk, Maltodextrin, Salt, Dextrose, Sugar, Whey, Natural Flavor, Butter, Citric Acid, Dough Conditioner, L-Cysteine Hydrochloride, Potassium Sorbate and Sodium Benzoate (Preservatives), Colored With Yellow 5 & Red 40. Fresh Chicken Marinated With: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded With: Wheat Flour, Salt, Spices, Monosodium Glutamate, Leavening (Sodium Bicarbonate), Garlic Powder, Natural Flavorings, Citric Acid, Maltodextrin, Sugar, Corn Syrup Solids, With Not More Than 2% Calcium Silicate Added as an Anti Caking Agent OR Fresh Chicken Marinated With: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded With: Wheat Flour, Salt, Spices, Monosodium Glutamate, Corn Starch, Leavening (Sodium Bicarbonate), Garlic Powder, Modified Corn Starch, Spice Extractives, Citric Acid, and 2% Calcium Silicate added as Anticaking Agent OR Fresh Chicken Marinated With: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded With: Wheat Flour, Sodium Chloride and Anti-caking Agent (Tricalcium Phosphate), Nonfat Milk, Egg Whites, Colonel's Secret Original Recipe Seasoning OR Potato Starch, Sodium Phosphate, Salt, Breaded With: Wheat Flour, Sodium Chloride and Anti-caking agent (Tricalcium Phosphate), Nonfat Milk, Egg Whites, Colonel's Secret Original Recipe Seasoning OR Potato Starch, Sodium Phosphate, Salt, Breaded With: Wheat Flour, Salt, Spices, Monosodium Glutamate, Leavening (Sodium Bicarbonate), Garlic Powder, Natural Flavorings, Citric Acid, Maltodextrin, Sugar, Corn Syrup Solids, With Not More Than 2% Calcium Silicate Added as an Anti Caking Agent* ***OR*** *Potato Starch, Sodium Phosphate, Salt, Breaded With: Wheat Flour, Salt, Spices, Monosodium Glutamate, Corn Starch, Leavening (Sodium Bicarbonate), Garlic Powder, Modified Corn Starch, Spice Extractives, Citric Acid, and 2% Calcium Silicate Added As Anticaking Agent OR Seasoning (Salt, Monosodium Glutamate, Garlic Powder, Spice Extractives, Onion Powder), Soy Protein Concentrate, Rice Starch and Sodium Phosphates. Battered With: Water, Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Dextrose, Monosodium Glutamate, Spice and Onion Powder. Predusted With: Wheat Flour, Wheat Gluten, Salt, Dried Egg Whites, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Monosodium Glutamate, Spice and Onion Powder. Breaded With: Wheat Flour, Salt, Soy Flour*

Ingredient Lists

1. Ingredients are listed in order of weight from highest to lowest.

The ingredient listed first is used in the highest amount and the ingredient listed last is used in the lowest amount.





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Ingredient Lists

2. Sugar by another name is still sugar.

Sugar goes by many names. A few common ones are sucrose, high-fructose corn syrup, agave nectar, cane sugar, brown syrup, fruit juice concentrate, honey, invert sugar, raw sugar, molasses, and maple syrup.

If sugar is listed as one of the first few ingredients, it may be wise to pick another product.

You can also look at the new nutrition facts label for "added sugars" if you are unsure about sugar in the product.

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Ingredient Lists

3. Keep an eye out for common allergens.

It is especially important to look for the "Big 8" allergens. These ingredients are the most common food allergens: peanuts, tree nuts, soy, milk, wheat, shellfish, fish and eggs. You need to know which menu items contain these allergens so you can be sure children with a documented allergy or intolerance are not served these products.

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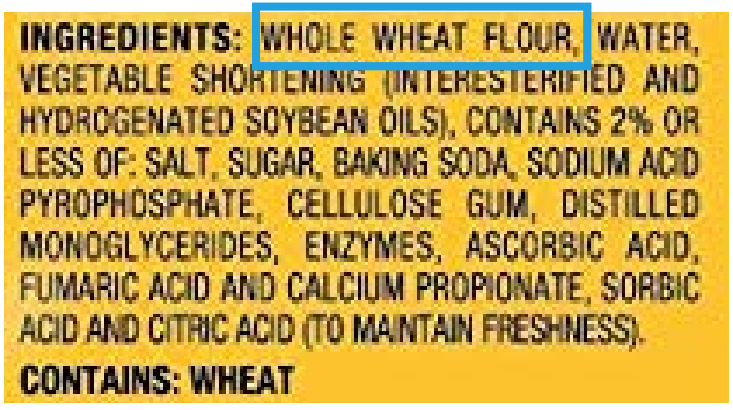
Ingredient Lists

4. If you intend to serve a whole grain-rich item, the primary ingredient should be a whole grain.

Examples of whole grains that may be listed as the first ingredient are whole wheat flour, whole grain corn, whole grain oats, brown rice or brown rice flour.



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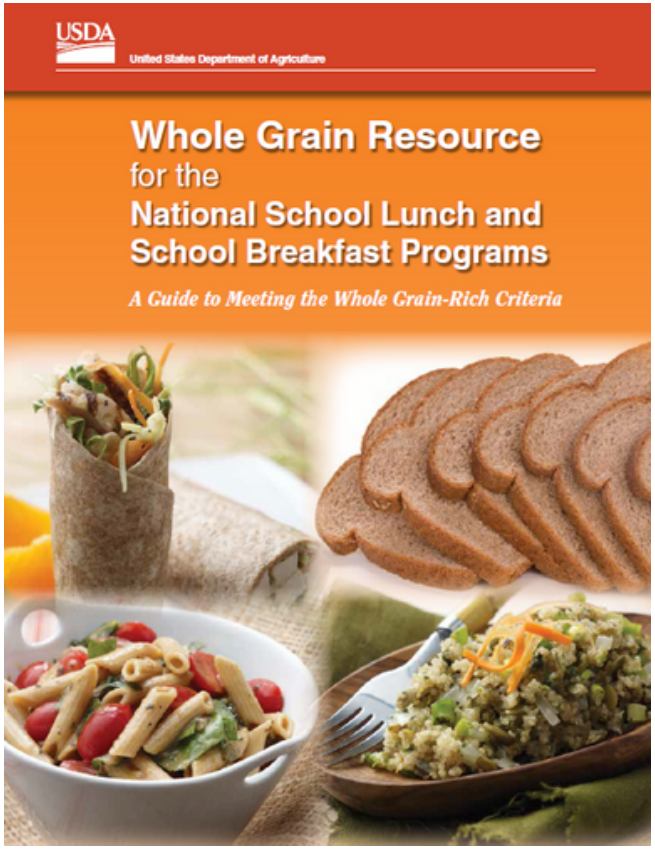
Whole Grain Resource



For more information on identifying whole grain-rich products, see the USDA Whole Grain Resource.

Already a pro at identifying whole grains? Sign the Whole Grain Pledge and commit to serving all whole grain-rich items!

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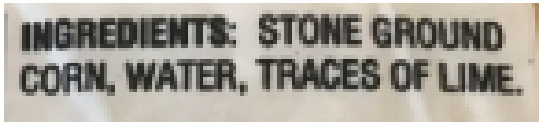
Ingredient Lists

5. Simple is swell.

As a general rule of thumb, the fewer ingredients a product has, the less likely it is to have artificial ingredients or additives. Long ingredient lists aren't always a bad thing, but short ones are typically a sign of less processing!



So... what now?

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Next Steps

Review the nutrition facts labels and ingredient lists in your home and school kitchens!

You now have the tools to review the information on these labels to make informed decisions on what foods to purchase for your home and for your schools!

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Next Steps

October's upLIFT Nutrition Fact Sheets:

What to Look For on Nutrition Facts Labels

Tips for Reading Ingredient lists

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Next Steps

Join us next month!

Using Taste Tests and Surveys to Engage Students in School Meals

November 19, 2019
1:30pm - 2:00pm

Learn the methods schools use to conduct taste tests and surveys with students that connect students with the food served, expose students to new foods, and increase participation in school meals.

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Watch webinars, win training!

Participate in the upLIFT webinar contest

and you could work with a

blue water melon
AN INITIATIVE OF SLOW FOOD PHOENIX

Professional Chef!

LEAs who attend or watch* every upLIFT webinar from August until March will automatically be entered into a contest to receive a FREE culinary training for their staff from the Blue Watermelon Project.

*Submission of the online survey following completion of each recorded webinar is required in order to count toward the contest.

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Thank you!

Any questions?
Please type them into the chat bar now.

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.

Comprehension Check

Question #1

You want to look for products that are a low source of saturated fat, cholesterol, sodium and added sugars.

a. TRUE
b. FALSE

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Comprehension Check

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Comprehension Check

Question #2

Which of the following is NOT a nutrient of public health significance?

a. Potassium
b. Vitamin C
c. Vitamin D
d. Iron

Comprehension Check

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Comprehension Check

Question #3

Where is a good place to go to find more information on identifying whole grain-rich items?

a. Wikipedia
b. A manufacturer's website
c. the USDA Whole Grain Resource

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Congratulations!

You have completed the Recorded Webinar: What to Look For: Nutrition Facts Labels and Ingredient Lists

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: Recorded Webinar: What to Look For: Nutrition Facts Labels and Ingredient Lists
- Key Area: 1000-Nutrition
- Learning Code: 1320
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

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