

Lesson 3: Understanding Food Labels

Instructions

To complete this lesson follow these steps:

Step 1: Read the purpose of the lesson and consider the learning outcomes for the lesson. The learning outcomes specify what you should know and be able to do when you have completed the lesson.

Step 2: Read the rest of the information in this lesson. This lesson does contain links to important course content. Be sure to come back to continue the lesson after reading any linked content

Step 3: Complete the review at the end of the lesson. Answering these questions will assist you in preparing for the exam.

Step 4: If you need clarification of any information in the lesson, post your questions on the Discussion Board for Lesson 3 or contact the instructor for assistance.

Purpose of Lesson

This lesson explores the nutrition information provided on food labels and how to interpret the information to choose foods that will contribute to a healthful diet.

Learning Outcomes:

1. State the required components of a food label.
2. Explain what Percent Daily Value is and how to use it.
3. Explain how to use the Nutrition Facts Label to determine if a food contains a high, good, or low amount of a nutrient.
4. State the United States Department of Agriculture requirements for labeling a product "100% organic," "organic" and "made with organic ingredients."
5. Explain what a nutrient content claim is.
6. Define these nutrient content claims:

Low calorie

Fat free

Trans fat free

Low fat

Reduced fat or less fat

Sodium free or salt free: less than 5 mg of sodium per serving

Low sodium: 140 mg of sodium or less per serving

Reduced sodium or less sodium: at least 25% less sodium per serving than the regular version

Sugar free

Reduced sugar

No sugar added or without added sugars

7. Describe the changes the U.S. Food and Drug Administration is making to the Nutrition Facts Label for mid-2018.

Introduction

Packaged foods include labeling that can help you plan a healthful diet and avoid allergens or other compounds to which you may be sensitive. The U. S. Food and Drug Administration determines what must appear on food packaging and defines the meaning of any items they require. The United States Department of Agriculture determines the requirements for claiming a food is "organic" and regulates the use of the United States Department of Agriculture organic seal.