

Reading Nutrition Labels

Healthy eating should be simple, delicious, and part of everyday life

WORKSHOP PART 1



Nutrition Facts

4 servings per container

Serving size 1 cup (228g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 20mg 20%

Iron 1.4mg 8%

Potassium 150mg 4%

*The % Daily Value 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.



Welcome Everyone!

Nutritional Label Reading Workshop

We're so glad you are here



A TWO PART SERIES



Pre-Test

SERIES 1

Understand Food and Energy
Learn what calories are and how food fuels your body

Read Nutrition Labels
Understand serving size, calories, and % Daily Value

Carbohydrates and Fiber
Compare foods, understand carbohydrates and fiber, and choose foods that support steady energy

SERIES 2

Protein & Sugars
Learn how to compare foods using protein and added sugars to support your health goals.

Ingredient Lists, Whole Grains & Healthy Fats
Learn how to identify whole grains, healthier fats, and understand what is inside your food.

Bringing it all together
Practice using nutrition labels and ingredient lists to compare foods and make informed choices.



JOIN THE NEXT SESSION IN JULY

Understanding Calories & your body energy needs

Session 1: Free Nutrition education program

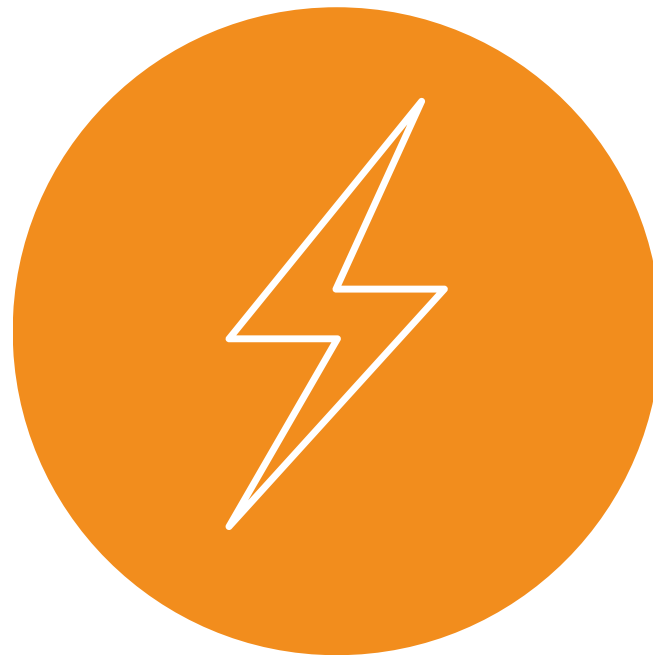


Food gives your body energy
everyday!



SESSION 1 GOALS

Today's Goal is understanding not Perfection



Food= Energy

Understand how calories
fuel your body



Food Groups

Learn Major Food groups
and their role



Your Energy needs

Explore how much
energy your body uses

Take a moment to think about each answer
There are no right or wrong answers
Share when you're ready



**What is one
food you really
enjoy?**



**What comes to your
mind when your hear
the word Calorie**



**What do you hope to
learn from these
sessions?**



Every question is a great question . We are here to learn together



What is a Calorie

CALORIE IS **ENERGY**

Calories are energy we find on food and drinks that help your body function every day



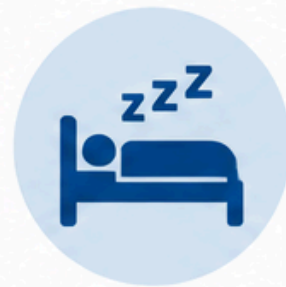
Move

Walk, exercise,
and stay active



Think

Focus, learn,
and make decisions



Sleep

Rest and
recharge



Heart Beat

Keep your heart
pumping

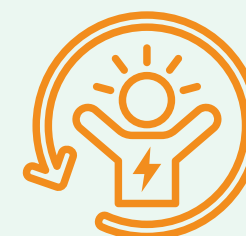


Breathe

Take in oxygen
and stay alive



Even resting your body is using energy
This means calories are not bad, we need them



Energy Every Day

Everyone needs energy to live, move , think and stay healthy

How much energy your body needs depends on many factors



Age

Your energy needs to change as you grow older



Height

Taller People may need more energy



Weight

More body weight usually means more energy requirement



Activity Level

More Activity=more energy used



Health

Health conditons can affect how much energy your body uses



There is no one size fits all
Your needs are unique



We will explore your estimated enery needs next

 ICNA Relief
SHIFA CLINIC, SC
Let's Calculate
Your TDEE

TDEE: Total Daily Energy Expenditure



TDEE is a tool that estimates how much energy your body uses in a typical day

We will enter simple information



Age



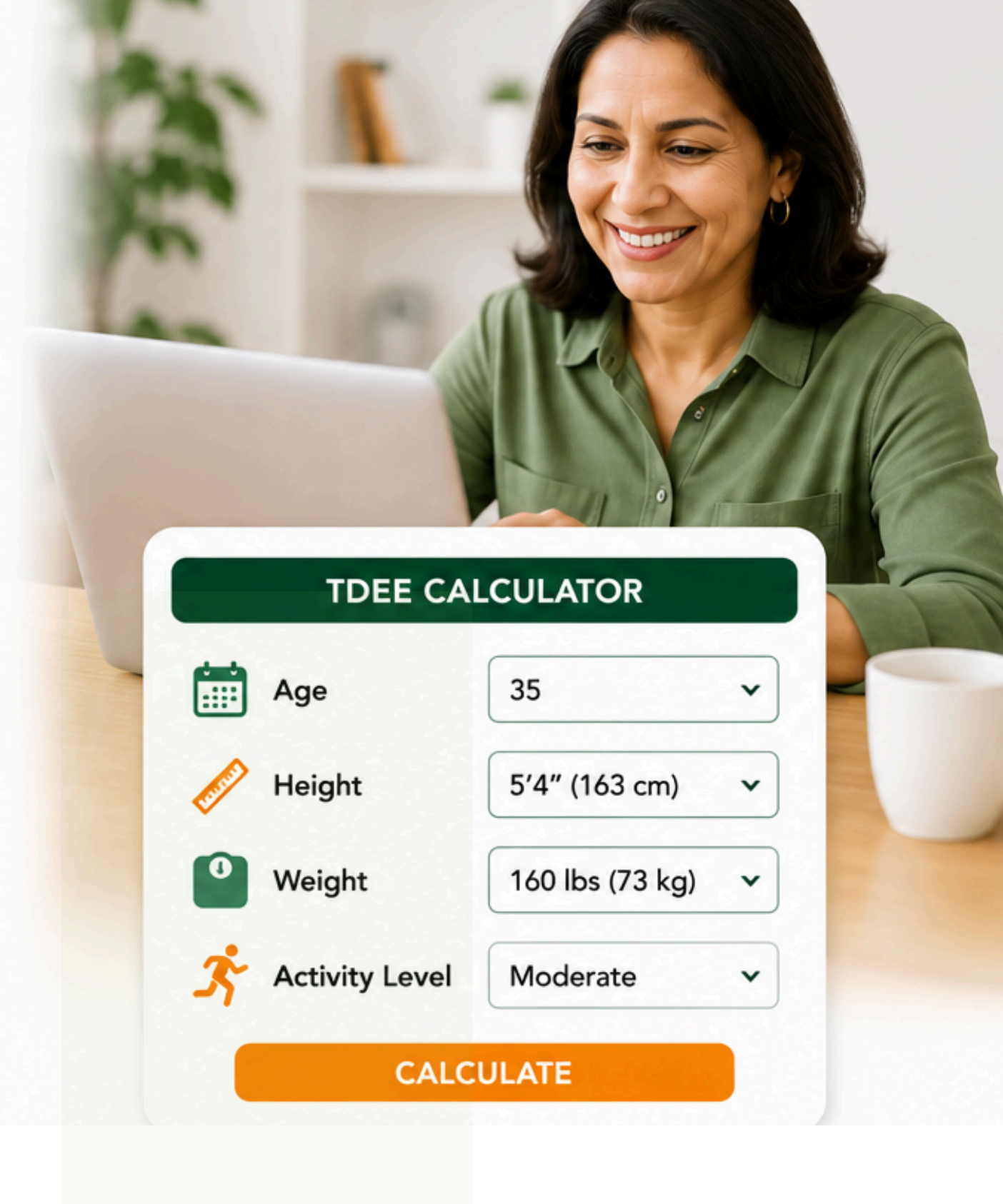
Height



Weight



Activity level



TDEE CALCULATOR

	Age	35	▼
	Height	5'4" (163 cm)	▼
	Weight	160 lbs (73 kg)	▼
	Activity Level	Moderate	▼

CALCULATE



Remember everyone is different
This is just an estimate -not a rule



It is a learning tool
Not a prescription

KNOWLEDGE IS POWER!

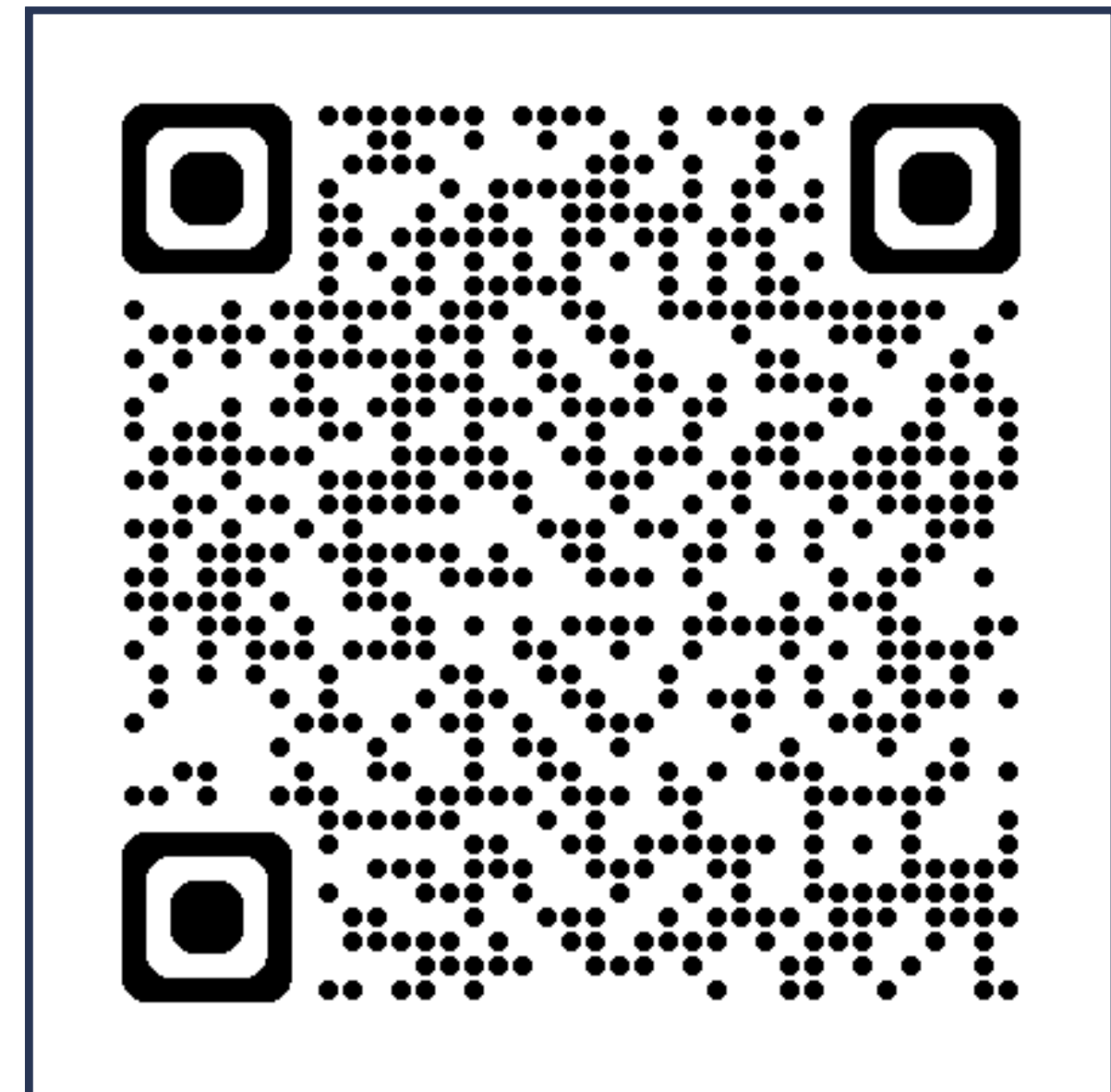
TDEE is a tool that helps you know your:

Maintenance Calories

Macros to focus on

Range of Targets

Find Yours!



tdeecalculator.net

Your TDEE Results

This is an **estimate** of how much energy your body uses in a **typical day**

EXAMPLE



Age

Put the #



Height

Put the #



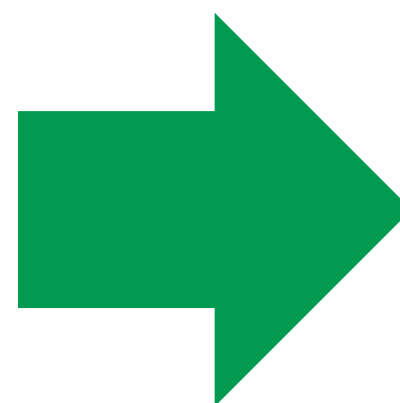
Weight

Put the #



Activity level

Put the #



Your Estimated TDEE



2,150 (example)

Calories Per day

This means your body needs about
2,150 calories everyday to



Move

Walk, exercise,
and stay active



Think

Focus, learn,
and make decisions



Sleep

Rest and
recharge



Heart Beat

Keep your heart
pumping



Breathe

Take in oxygen
and stay alive



This number can change if your weight ,
activity level, or health changes
This is just an estimate -not a rule



Everyone needs are different and
that's **Okay!**



FOOD Groups: Sources of Energy and Nutrients

All foods provide energy(calories) .
Each food group also provides different nutrients your body
needs to stay healthy



Carbohydrates

Main source of
Energy for your
body and brain

Examples: Rice,
bread, oats, pasta
and whole grains



Protein

Help build and repair
body tissues and
support immunity

Examples: Bean,
lentils, fish, chicken,
tofu and nuts



Healthy Fats

Support brain,
hormones, and vitamin
absorption

Examples: Avocado,
nuts, Seeds, Oils



Fruits and Vegetables

Provides vitamins,
minerals, fiber to
keep your body
working well

Examples: Spinach,
broccoli, bananas



Dairy

Build Strong bones
and teeth and
supports muscle
functions

Examples: milk,
yogurt, fortified
plant based options



All food groups provide calories (energy)
Variety and balance help your body thrive!



Aim to include a variety of foods from each group
every day

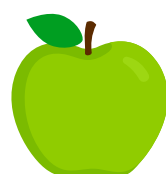
Inside your body when it burns calories.



END OF SESSION ONE

Reading Nutrition Labels

Making Informed Food Choices
One label at a time



Session 2: Free Nutrition education program

SESSION 2



Nutrition Facts	
About 8 servings per container	
Serving size	1 cup (55g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.6mg	8%
Potassium 230mg	4%
*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.	



Nutrition labels are
tools, not rules





WHAT WILL YOU LEARN TODAY

Today's Goal is understanding not Perfection



Identify serving size
On Nutritional label



% Daily Value
Locate and understand



Find Calories
And what do they mean



Use Nutritional label
to compare two products



Choose at least one skill
to practice until next sessions

Each new skill helps you make informed choices for your health



The First 3 things to look at the label

Lets Get Started

Nutrition Facts	
About 8 servings per container	
Serving size	1 cup (55g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 3g	

1 Serving Size

2 Calories

3 % Daily Value



Start with these three things



Every question is a great question . We are here to learn together



Always start with the serving size.

Every number on the Nutrition Facts label is based on that amount of food.

Serving Size Matters

1 Serving (1 cup)



= 190 Calories

2 Servings (2 cups)



= 380 Calories

1. Serving Information

2. Calories

3. Nutrients

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

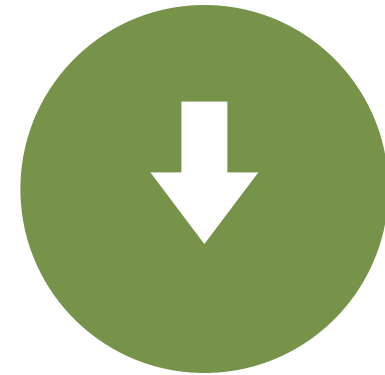
4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

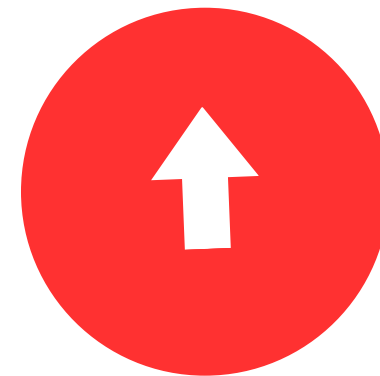
2 Servings : Double the calorie and double the nutrients



% Daily Value



**5% or Less
LOW**



**20% or more
High**

**% Daily value is a short cut to
understand the labels quickly**

Nutrition Facts	
About 8 servings per container	
Serving size	1 cup (55g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 3g	

*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.

Daily Value (DV): What to Limit and What to Increase

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%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.	

- 3 % Daily Value (DV)
- Reflects the percentage recommended in your daily diet

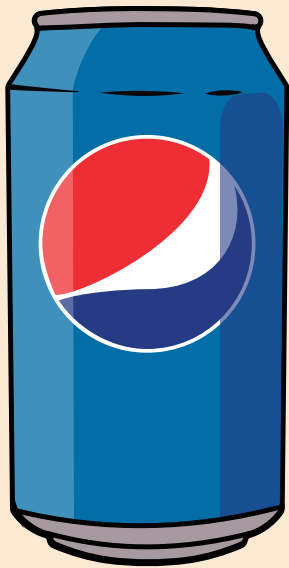
- 4 **Limit:**
- Saturated Fat
 - Trans Fat
 - Sodium
 - Added Sugars

5% DV or less is **LOW**

- 5 **Try to Get More:**
- Fiber
 - Protein
 - Vitamins
 - Minerals

20% DV or more is **HIGH**

Calories & Your Energy Needs



200
Calories

=

Same Calories
DIFFERENT NUTRITION



200
Calories



THINK OF CALORIES LIKE MONEY

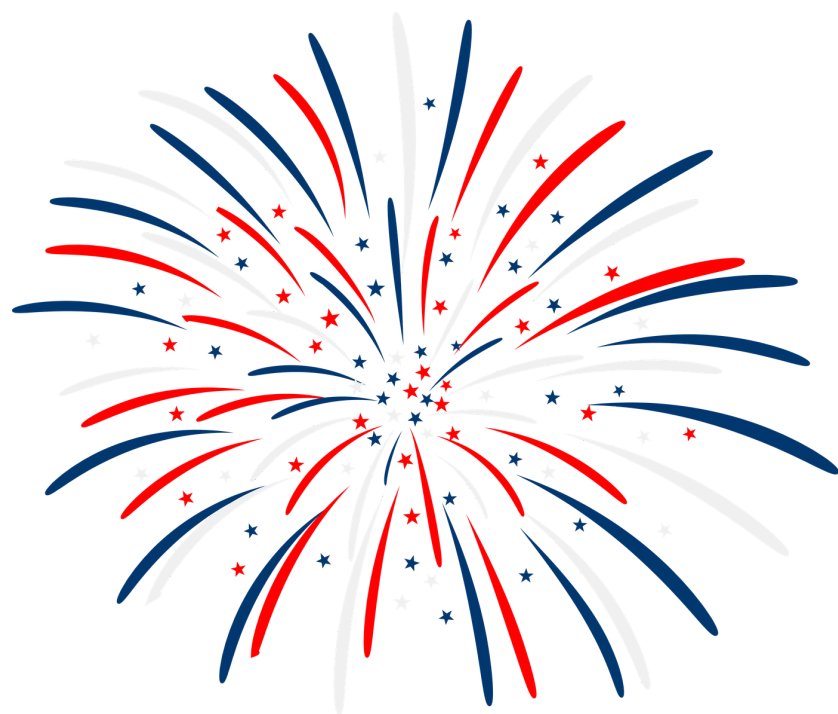
You can spend \$20
on something that
lasts a few minutes



OR



You can spend \$20
on somethin that
provides value for
long time



Fireworks
Lasts a few minutes



ACTIVITY 2: VISUAL CALORIES

What does 100 calories really look like?

Which one would keep you fuller longer?"

"Which do you think contains more fiber?"

"Which one looks more filling?"



100 cal of chips



100 cal of apples

Foods rich in fiber often provide more volume and fullness for the same number of calories.



Understanding Carbohydrates & Fiber

Learn how Carbohydrates affect blood
sugar and why Fiber Matters



Session 3: Free Nutrition education program

SESSION 3



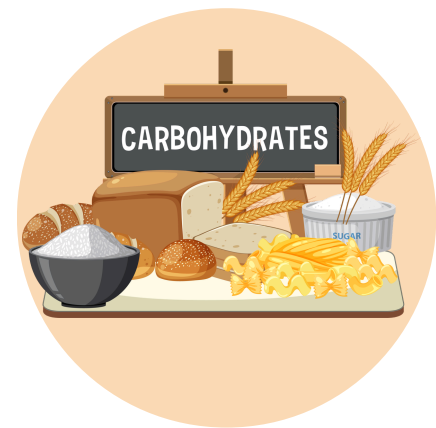
Nutrition labels are
tools, not rules





WHAT WILL YOU LEARN TODAY

Today's Goal is understanding not Perfection



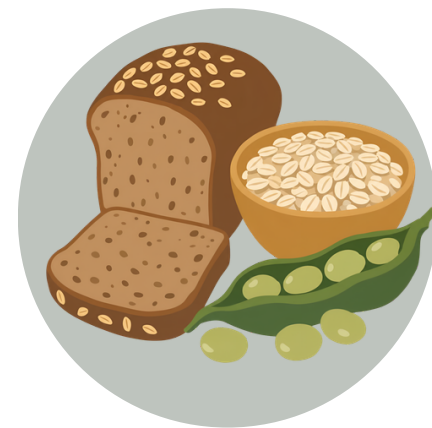
What are carbohydrates?

Learn where carbohydrates are found



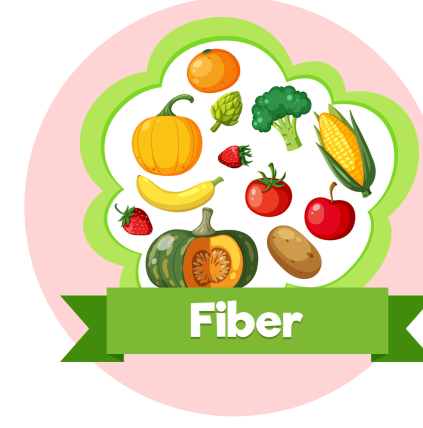
Blood Sugar & Energy

Understand how Carbohydrates affect blood sugar



Fast Vs Slow rising Carbs

Learn why some foods affect blood sugar differently.



Why Fiber Matters

Discover how fiber helps support steady energy.s



Nutritional Labels

Find Total Carbohydrates and Dietary Fiber.s



Compare Choices

Practice comparing foods using nutrition label

Each new skill helps you make informed choices for your health



What are Carbohydrates?



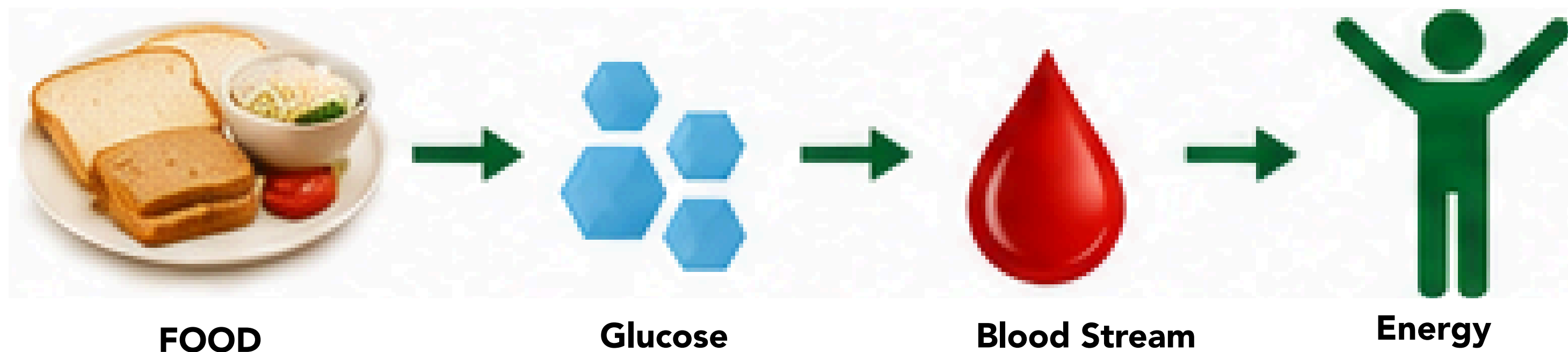
✨ Carbohydrates are body's main source of energy



Every question is a great question . We are here to learn together



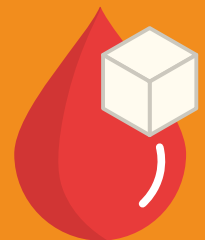
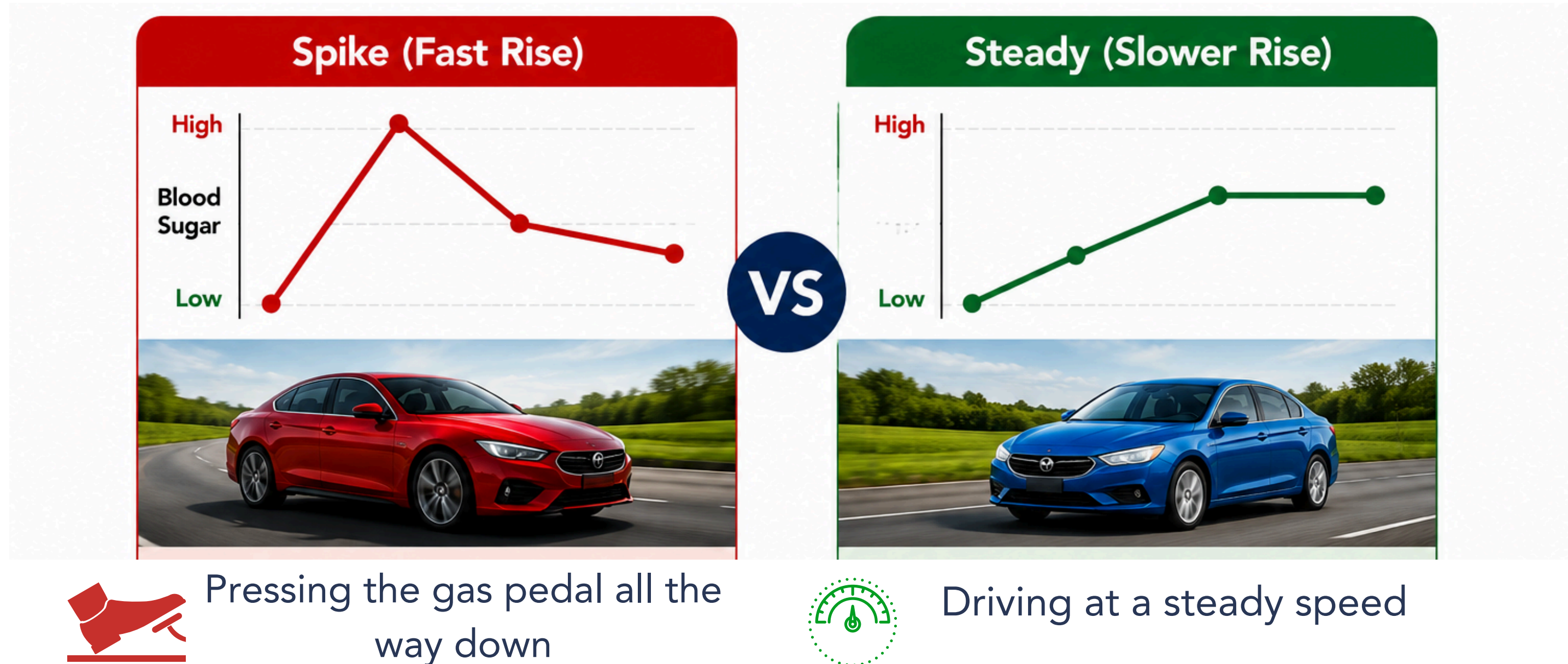
How Carbohydrates affect Blood Sugar



ALL CARBOHYDRATES BECOME GLUCOSE



What is Blood Sugar Spike



A blood sugar spike happens when blood sugar rises very quickly and very high after eating

Fast Rising Vs Slow Rising Carbs

Fast Rising



Slow Rising



Why Fiber Matters

**Without Fiber fast
digestion**



**Blood sugar
rises fast**

**With Fiber slow
digestion**



**Blood sugar
rises slowly**



Fiber acts like a speed bump during digestion

How Fiber helps



Slows digestion



Helps in digestion



Helps us feel fuller longer



Slow rise in blood sugar



Small amounts of fiber can make a big difference in how your body uses energy from food.

Finding Carbohydrate on Nutrition label

Nutrition Facts	
Serving size	1 cup (56g)
Calories 190	
Total Fat 1.5g 2%	
Saturated Fat 0.5g 3%	
Cholesterol 0mg 0%	
Sodium 210mg 9%	
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 9g Added Sugars 18%	
Protein 3g	

Total Carbohydrates is the total amount of carbohydrates

Dietary Fiber
Type of Carbohydrate that supports health

Lets Practice



Nutrition Facts

Serving size 1 cookie (30g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Includes 11g Added Sugars **22%**

Protein 2g



Nutrition Facts

Serving size 1/2 cup (100g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **25%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

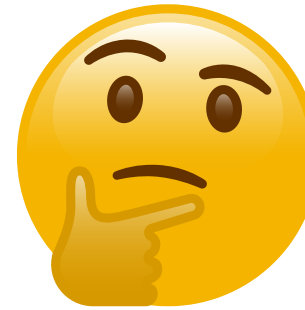
Protein 8g



Which food contains more Fiber?

Comparison Activity

Food A	
Nutrition Facts	
Serving size	1 cookie (30g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 11g Added Sugars	22%
Protein 2g	



Which food will
give slower blood
sugar rise

Food B	
Nutrition Facts	
Serving size	1/2 cup (100g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	



Use nutritional labels to compare foods that give you steady energy



Congratulations!



You Have Completed Nutrition Label Reading Workshop- Part 1

Great Job! You took an important step toward a healthier goal

Before Our next Workshop

- ✓ Practice reading labels when shopping
- ✓ Look at serving size first
- ✓ Compare two products before choosing
- ✓ Try one new healthy Change this week



POST TEST



Understanding Protein



Healthy Fats



Ingredient list and whole
grains



Bringing it all together

Thank You for Joining Us

WORKSHOP 1
FEEDBACK

