



Study Prep
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TOPIC: FOOD LABELS**Food Labels**

- ◆ Food Labels: regulated by the _____.
- ◆ Must include following ___ components.

1. Product _____.

2. Name & address of manufacturer.



3. Net weight.

(w/o packaging).

4. List of ingredients

in descending order
by _____.

Nutrition Facts	
Serving Size	1 bar
Calories	190
	%DV
Total Fat 6g	8%
Saturated fat 1g	5%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 29g	11%
Dietary Fiber 1g	4%
Total Sugar 7g	
Added Sugars 7g	14%
Protein 5g	
Vitamin D 1 mcg	5%
Calcium 110 mg	8%
Iron 2 g	6%
Potassium 60 mg	1%

5. Nutrition Facts Panel

- ◆ Must include amount and % Daily Value (%DV) where highlighted.

Daily Values:

- ◆ Based on DRIs (or DGAs) for a _____ Calorie diet.

Not Required:

- ◆ _____ %DV.
- ◆ Other vitamins & minerals.

EXAMPLE

List the five required components on a food label. Circle the component that gives the percent daily value for specific nutrients.

1. _____

2. _____

3. _____

4. _____

5. _____



TOPIC: FOOD LABELS

PRACTICE

Which information is NOT required to be on food packaging?

- a) Weight of the food without packaging.
- b) Known health benefits of nutrients contained in the food.
- c) Name address of the manufacturer.
- d) Serving size.

PRACTICE

What are the daily values based on?

- a) The AI, RDA, or AMDR for a 2000 Calorie diet.
- b) The UL or EAR for a 2000 Calorie diet.
- c) The EER for an average individual.
- d) The MyPlate recommendations for an average individual.

PRACTICE

Why is % Daily Value for protein not required to be on food labels.

- a) Protein is not a required nutrient for a healthy diet.
- b) Most individuals get sufficient protein.
- c) Protein needs vary too much in the population so giving one percent wouldn't be accurate.
- d) The percent daily value is only required for essential vitamins and minerals.

TOPIC: FOOD LABELS**Food Label Claims**

- ◆ _____ types of claims that can be made on labels: regulated by _____.

Nutrient Content Claims

Describes _____ of nutrient that is present.

- ◆ Descriptive terms have _____ regulated meanings.

“**Low** Sodium”

“Calorie **Free**”

“**High** Fiber”

“**Reduced** Fat”

Health Claims

Links **food** or **dietary compound** and a risk for a _____ or **condition**.

- ◆ Statements are _____-approved by FDA.
- ◆ Must be a “_____ source” of nutrient (having between _____-19% of DV).
- ◆ Must not _____ 13 g of fat, 4 g saturated fat, 60 mg cholesterol, & 480 mg sodium.
- ◆ E.g., “Diets high in _____ may reduce the risk of osteoporosis”.
 - ◆ Authorized: _____ scientific agreement.
 - ◆ * Qualified: lower standard; must provide a _____.

Structure Function Claims

Links a **nutrient** or **dietary compound** to a **structure** or **function** of the body.

- ◆ _____ tightly regulated; do not need to be _____-approved by the FDA.
- ◆ E.g. “Fiber promotes regular bowel movements!” “Antioxidants support immune health”.

EXAMPLE

For the claims below, write an “N” if it is a nutrient content claim, an “H” if it is a health claim, and an “SF” if it is a structure function claim.

- a. Antioxidants promote immune health: _____
- b. Excellent source of calcium: _____
- c. Diets low in fat and high in fruits and vegetables may reduce the risk of some cancers: _____
- d. Omega-3 fatty acids may support brain health: _____
- e. Low sodium: _____

**TOPIC: FOOD LABELS****PRACTICE**

Which type of food claims describe the amount of a substance in the food relative to the daily values?

- | | |
|------------------------------|-------------------------------|
| a) Authorized health claims. | c) Nutrient content claims. |
| b) Qualified health claims. | d) Structure/function claims. |

PRACTICE

For a food label to supply a health claim what must be true *beyond* the established link between the nutrient and a disease or condition?

- a) It must be considered a good source of the nutrient and contain less than 13 g of total fat.
- b) It must have at least 10% more of the nutrient than comparable foods.
- c) It must have at least 20% of the daily value for a given nutrient.
- d) The claim must be agreed upon by the FDA and USDA.

TOPIC: FOOD LABELS**Nutrient Content Claims**

Claims relating to specific amount: amount will be _____ for every nutrient.

- ▶ _____: none or _____ amount.
- ▶ _____: < than a given amount.
- ▶ Not added: may occur naturally but not an _____ ingredient.



Claims relating to relative amount

- ▶ Reduced/less: _____ < than the reference food.
- ▶ Light (lite): _____ fewer Calories or _____ fat than reference food.
- ▶ _____ (_____): ½ normal amount of _____ (also _____ fat & _____ Calorie food).



Claims relative to the _____

- ▶ More/ added/ extra/ plus: _____ > than reference food.
- ▶ Good source/ contains/ provides: _____ - _____ % of DV.
- ▶ High in/ rich in/ excellent source of: _____ > _____ % of DV.

**PRACTICE**

Which nutrient content claim means that the food has 25% contains less than a specific reference food?

- a) Light b) Less c) Low d) Free

PRACTICE

How much of a particular nutrient must a food contain to say on the label that it “contains” that nutrient?

- a) Greater than a trivial amount, though the value will change for every nutrient depending on the DRIs.
 b) 10% more than the comparison reference food.
 c) At least 20% of the Daily Value.
 d) Between 10% and 19% of the Daily Value.