

SMALL BITES FAMILY NEWSLETTER

Small Bites Lesson 2: Nutrition Labels

THIS WEEK'S LESSON OVERVIEW:

This week in class your student learned that food labels are basic guides that contain information about the food we eat. Nutrition labels focus on serving size, sugar, fat, protein, and other key nutrients and ingredients. People use nutrition labels for a variety of reasons like being able to compare products and their ingredients, or as means to manage personal health concerns like diabetes and heart disease.

WHAT THIS MEANS AT HOME:

HOW DO YOU READ A NUTRITION LABEL?

STEP #1: Check the Serving Size! A serving size is a portioned measurement of food; servings per container tells you how many servings are in your food.

STEP #2: Check your Calories! Calories tell us how much energy your body receives from one serving of food. This quick guide to calories will help you guesstimate how many calories you are consuming with each product you eat. 40 calories = low; 100 calories = medium; 400+ calories = high

STEP #3: Which nutrients should we limit? We want to limit our intake of nutrients like: total fat, trans fat, cholesterol, sodium, total carbohydrates, and sugar.

STEP #4: Which nutrients should do we need to eat a lot of? We want to make sure we eat enough of nutrients like: dietary fiber, protein, vitamin A, vitamin C, calcium, iron.

STEP #5: Check the % Daily Value This section refers to the daily recommended amount of each nutrient that is in 1 serving. If you want to consume more of a nutrient like fiber, choose foods where the % DV is 20% or more. If you want to consume less of a nutrient like sodium, choose foods where the % DV is 5% or less.

STEP #6: Look at the Ingredient List. The ingredients tell you everything that is in the food you are about to eat. Ingredients are listed from greatest to least by weight, so try to choose foods with recognizable ingredients!

FAMILY ACTIVITIES & TABLE TALK

Pick one day each week to engage in these fun healthy eating activities and use these healthy discussion questions to get the dinner table conversations started!

FOOD MATH

Grab a box of cereal or a bag of chips from your pantry. Have your child pour themselves a normal serving of the food they chose. Next, look at the product's nutrition label and check the serving size. Using a measuring cup or scale, compare the portion of food your child served themselves to the serving size on the label. If they served themselves more than the serving size, have your child calculate the additional total grams of fat, cholesterol, and sugar they are eating. If they served themselves less than the serving size or the correct amount, discuss how eating more than the serving size can lead to increased sugar and fat consumption.

DISCUSSION QUESTIONS

1. How can knowing how to read nutrition labels improve our family's health?
2. How can we help each other the next time we go grocery shopping to make healthy food choices?



HELLO FROM COMMON THREADS!

www.commonthreads.org

#cookingforlife

Common Threads is a non-profit bringing health and wellness to children, families, and communities through cooking and nutrition education.

Your child's teacher is teaching our Small Bites lessons on healthy snacks and nutrition. As a part of this program, these parent newsletters are being sent home to share what your student is learning and give them a chance to share healthy information with the family!

KIDS ACTIVITY

2

NUTRITION LABELS

#cookingforlife



JOIN THE COMMON THREADS FAMILY!

Join Common Threads to help your student make healthy choices at school and at home!

1. Go to www.commonbytes.org, make a free account and explore healthy and affordable recipes.
2. Sign up for healthy reminders via text message from Common Threads by texting @CThreads to 81010. Standard messaging rates apply.
3. Check with your student's school to sign-up for Common Threads Family Cooking Classes and Parent Workshops! Not offered at your school? Help us bring them to you by emailing classes@commonthreads.org.



READ IT BEFORE YOU EAT IT.

KIDS! SHOW WHAT YOU KNOW!

Directions: Compare and contrast the two different options of chicken tenders using the nutrition labels below. Pay attention for key elements like calories, total fat, sodium, and protein.

Next, use the information you gathered to inform your parents which version is the healthiest and why.

Option #1
Store Bought Version

Nutrition Facts

Serving Size 4oz (112g)
Servings Per Container 3

Amount Per Serving		
Calories	210	Calories from Fat 90
		% Daily Value*
Total Fat	10g	15%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	490mg	20%
Potassium	350mg	10%
Total Carbohydrate	12g	4%
Dietary Fiber	2g	4%
Sugars	3g	
Protein	20g	
Vitamin A 0% • Vitamin C 2%		
Calcium 0% • Iron 4%		

*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 • Carbohydrates 4 • Protein 4

Option #2
Homemade Version

Nutrition Facts

Serving Size 2 strips (2oz) (72g)
Servings Per Container 4

Amount Per Serving			
Calories	90	Calories from Fat 25	
		% Daily Value*	
Total Fat	3g	5%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	90mg	30%	
Sodium	125mg	5%	
Total Carbohydrate	1g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	14g		
Vitamin A 6% • Vitamin C 2%			
Calcium 2% • Iron 6%			
*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
Saturated 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: Chicken Breast, Egg, Dried Basil, Chili Powder, Whole Wheat Flour, Kosher Salt, Black Pepper

The _____ chicken tenders are healthier because _____.