New Food Label Pages

The FDA has released a new food label, so we have adjusted Session 4 and provided a handout of the new label. Participants use the handout instead of looking at the label in the book during this activity.

The 4 pages in Session 4 should be printed and replace those pages in the Leader’s Manuals.

November 2017
### Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

#### Amount per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>12g</td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>2mcg</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium</td>
<td>260mg</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>8mg</td>
<td>45%</td>
</tr>
<tr>
<td>Potassium</td>
<td>240mg</td>
<td>6%</td>
</tr>
</tbody>
</table>

* 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.
9. **Instructions to Leaders:** For the next section, Leaders should ask the group each question and see if participants can answer.

  If they cannot answer, or if the answer is wrong, Leaders should clarify the answer.

  Try to see that the same person does not give all the answers.

**Hand out the food label handout**

a. **Say in your own words:** Please the label on your handout. Looking at the sample label, let’s look at the size of each **serving** and the total number of servings in the package.

  - **What is the serving size?**
    
    **Answer:** \( \frac{2}{3} \) cup

    ○ This is important because sometimes a package that looks like it could be only one serving will actually be several servings on the label.

    ○ It is also possible that even one serving size is more than what is recommended for carbohydrates and other nutrients.

      If this is the case, the amount you eat may need to be less than one serving.

b. Now, let’s move to **calories.** The label gives us calories per serving. In many cases, this is not the whole package.

  - **Ask:** How many calories are in one serving?
    
    **Answer:** 230

c. Just like calories, **carbohydrates** are listed as the total amount of carbohydrates in one serving. Sugars and starch account for most of those grams of carbohydrates.

  - **Ask:** How many total carbohydrates are in one serving?
    
    **Answer:** 37 grams.
• **Ask:** How many grams of carbohydrates come from sugars in one serving?

  **Answer:** 12 grams

• **Ask:** How many grams in one serving of sugars are added sugars?

  **Answer:** 10 grams
  
  o You can see that most of those grams of sugar are added sugars

• **Ask:** How many grams of carbohydrates come from dietary fiber?

  **Answer:** 4 grams
  
  o Fiber comes only from plant foods, including fruits, vegetables, whole grains, nuts and legumes.
  o Fiber is good for digestive health, helps to keep our bowels regular, and may help us not have big spikes in blood sugar.
  o Any fiber is great but foods with 5 or more grams per serving are especially good

10. **Ask:** Given what we have learned, what does a person with diabetes need to consider when deciding whether or not to eat this package of this food?

  **Answer:**
  
  o One package is 8 servings and has 37 carbs per serving. Therefore, the package has servings and 37 times 8, which equals 296 carbs! That is a lot of carbs for someone with diabetes to eat at one meal.
  o However, the person could eat just 1 serving out of the package, as most of the carbs for that meal.

11. **Ask:** What if a serving of food had 100 carbohydrates, could someone with diabetes eat this food?
Answer: Yes.

○ People with diabetes can eat any food, as long as they balance what they eat and follow the guide to healthy eating.

12. **Say in your own words:** Now let’s look at the label for total fat.

   a. Just like with the other examples, fat is listed per serving, and includes different types of fat.

   b. **Ask:** In our example, a serving has how many grams of fat?

      Answer: 8 grams

   c. Fat is listed per serving and includes:

      • Saturated, or “bad” fat, which comes from animal products and is solid at room temperature. It helps your body make cholesterol.
        Coconut oil, however, is a saturated fat that is solid at room temperature and does not come from animal products.

      • Trans fats are saturated fats that come from hydrogenated or partially hydrogenated oils. Trans fats help your body make more cholesterol and are not good.

      • Unsaturated or “good” fat comes from vegetable products and is liquid at room temperature.

   d. **Ask:** How many of these grams come from bad fat?

      Answer: 1 gram

13. **Say in your own words:** If you are watching your fat intake, look for products with less saturated fats and no trans fats.

   a. A general goal is no more than 35 to 55 grams of fat per day.

   b. Try to limit foods with more than 5 grams of fat per serving.

14. **Ask:** Using our example, how many milligrams of cholesterol are in 1 serving?
• Everyone with diabetes should watch their cholesterol in order to reduce the risk of heart disease and stroke.

• The goal is no more than 300 milligrams of cholesterol per day.

15. **Say in your own words:** If you are watching your cholesterol, fat, and sodium, look at the “% Daily Value” column on the food label. An amount above 20% per serving in that column should be considered a high value for any food. This food has 20% per serving.

16. **Say in your own words:** Sodium is listed as total amount per serving.

Ask: How many milligrams of sodium are in this food?

Answer: 160 milligrams

• If someone eats this food, they have eaten not quite a tenth of all the recommended sodium for a day.

• Remember the total amount of sodium in a day should not be more than 2300 milligrams.

17. **Ask:** If someone chose to eat a serving of this food at a meal, what things should they consider?

**Instructions to Leaders:** Mention the following that are not already mentioned by group.

a. The grams of carbohydrates is high. Other carbs would need to be balanced

b. It is high in calories, so if one was trying to lose weight, this might not be the best food

c. It has no cholesterol but some saturated fat. Remember saturated fats help our bodies make unwanted cholesterol.

d. It is pretty low in sodium. But if we ate this we would still need to look at any other food with sodium or salt that day.

18. **Say in your own words:** Remember, though, if this is your favorite food or something you really like, you may decide to eat it.