



Lesson 2 – How Does Your Food Measure Up?

Background Information

The difference between a portion and a serving size can be confusing. A person selects a subjective amount of food to eat to determine their portion. The serving size of a food is located on the Nutrition Facts Label found on the packaging of the food. This serving size is an amount of food determined and regulated by the Food and Drug Administration (FDA). Knowing the serving size of a food allows for calculation of the total amount of calories and nutrients by adding up how many serving sizes are in a package. By comparing the Nutrition Facts Labels of different foods, a person can determine which may be the healthier option. Serving size is listed on the Nutrition Facts Label as a measurement of food, often in cups, tablespoons, teaspoons, or ounces. In May 2016, the FDA announced new changes to the Nutrition Facts Label. The new label is required starting in July 2017.

Portion size is a term used in food service that indicates a weight or volume measurement of offered or served food.

This lesson does not directly address USDA meal pattern serving size terminology. However, since this is the terminology most participants will be familiar with, the similarities and differences with Nutrition Facts Label serving sizes are relevant. In the National School Lunch and Breakfast Programs, the meal patterns indicate amounts of food to serve for each of the vegetable subgroups, fruits, grains, meat/meat alternates, and fluid milk components. Amounts of fruits and vegetables are measured by volume, such as ½ cup. Amounts of grains and meats/meat alternates are measured by weight, in ounce equivalents. Fluid milk is measured in cups. The USDA determines the requirements for the amount of each component offered per day and week to qualify as a reimbursable meal. The amount of food that is considered a serving may depend on the density of a food (if the equivalent is measured using volume). For example, 2 cups of leafy greens, such as raw spinach, is considered the equivalent of 1 cup of vegetables, whereas 1 cup of cooked spinach is considered 1 cup of vegetables. Cooked spinach is denser than raw spinach, due to the loss of water during the cooking process.

Often, school nutrition employees are called on to estimate the amount of the food

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<small>Trans Fat 0g</small>	
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 235mg	6%

Serving sizes updated

Calories: larger type


Updated daily values

Actual amounts declared

New footnote

New: added sugars

Change in nutrients required



on a student's tray to see whether it qualifies as a reimbursable meal. This is particularly true to determine if the required $\frac{1}{2}$ cup of fruit or vegetable is selected as part of Offer versus Serve. Using everyday objects as a comparison is one way to estimate. For example, $\frac{1}{2}$ cup of oatmeal is comparable in size to a tennis ball. One ounce of cheese is equivalent in size to 4 dice. There are many everyday objects that can be used in this way.

Concepts and Vocabulary

Density (of food): The compactness and amount of space a food takes up.

Food and Drug Administration (FDA): The government agency tasked with regulating food labeling (among other responsibilities).

Measurement (of food): A determination of an amount of something using numbers; for food, often using cups, tablespoons, teaspoons, and ounces, among others.

Nutrition Facts Label: A label regulated by the FDA that is found on food packaging that describes the serving size, number of servings in the package, and amount of calories and nutrients contained in one serving.

Portion: The amount of food selected by one individual for their own consumption, or selected by the menu planner for foods on a menu.

Serving size: A reference amount listed on the Nutrition Facts Label that allows for determining the number of calories and nutrients consumed in an amount of food.

Subjective: Based on someone's personal opinion.

2.1: Learning Activity

Overview

In this activity, participants will learn about portion sizes, serving sizes, and density of food. First, they will visit food stations set up around the room. At each station, groups will measure out a portion of two foods (six foods in total). After they've portioned the foods, they will complete a worksheet that asks them to compare what they've portioned with the serving size on the Nutrition Facts Label for each food and make observations about how this impacts the nutrient content.

Getting Ready

Time Required

45 minutes

Materials Needed

(Materials provided in the curriculum)

For Each Group of 2-4 Participants	For the Facilitator
<ul style="list-style-type: none"><input type="checkbox"/> Flip chart paper<input type="checkbox"/> Markers, pens, or pencils<input type="checkbox"/> <i>Nutrition Facts Labels (Handout 2-B)</i><input type="checkbox"/> <i>How Does Your Food Measure Up? Worksheet (Activity Sheet 2-A)</i><input type="checkbox"/> Paper plate<input type="checkbox"/> Paper bowl<input type="checkbox"/> Paper cup<input type="checkbox"/> 1 set of measuring cups (1 cup, 1/2 cup, 1/3 cup, 1/4 cup)<input type="checkbox"/> 1 set of measuring spoons (1 teaspoon, 1 tablespoon)	<p>Optional:</p> <ul style="list-style-type: none"><input type="checkbox"/> <i>Lesson 2 (PowerPoint)</i><input type="checkbox"/> Computer<input type="checkbox"/> PowerPoint Projector

For the Class	For Each Participant
<ul style="list-style-type: none"> <input type="checkbox"/> Spinach, raw (at least 4 cups for each group) <input type="checkbox"/> Spinach, cooked (at least 2 cups for each group) <p style="text-align: center;">Facilitator Tip: Thawed frozen spinach works well.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Grapes (at least 2 cups for each group) <input type="checkbox"/> Raisins (at least 1 cup for each group) <input type="checkbox"/> Low-fat or fat-free milk (at least 1 cup for each group) <p style="text-align: center;">Facilitator Tip: Avoid using single serving cartons of milk in this lesson, as they may influence participants during the activity.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Grated cheese (at least 1/2 cup for each group) <input type="checkbox"/> Serving spoons, scoops, tongs <input type="checkbox"/> Bowls or containers, one per food <input type="checkbox"/> Paper towels, wet wipes, and plastic bags for clean up 	<ul style="list-style-type: none"> <input type="checkbox"/> None

Preparation

Handouts

1. Make copies of the following handouts:
 - **How Does Your Food Measure Up? (Activity Sheet 2-A)**, one per group.
 - **Nutrition Facts Labels (Handout 2-B)**, one set per group.

Activity Set-up

2. Prepare foods in containers or bowls with appropriate serving utensils in three stations in different areas of the room. Each station will have two foods.
 - Station 1: Raw Spinach and Cooked Spinach
 - Station 2: Grapes and Raisins
 - Station 3: Milk and Cheese

Classroom Set-up

3. Organize the class into small groups of 2 to 4 participants.

Facilitator Tip: These groups can also be used in future lessons.
4. Provide each group with a sheet of flip chart paper and markers, pens, or pencils to answer opening questions/prompts.

Optional

5. Before participants arrive, connect laptop to projector. Load **Focus on Food Lesson 2** (PowerPoint).

Lesson 2:
How Does Your
Food Measure Up?

Lesson 2: How Does Your Food Measure Up? Slide 1

Slide 1



Opening Questions

Lesson 2: How Does Your Food Measure Up? Slide 2

Slide 2

Explain what you know
about serving sizes.

Lesson 2: How Does Your Food Measure Up? Slide 3

Slide 3

Explain what you know
about Nutrition Facts
Labels.

Lesson 2: How Does Your Food Measure Up? Slide 4

Slide 4

Opening Questions/Prompts

Small Group Discussion

1. **Say:** Let's get started with Lesson 2 – How Does Your Food Measure Up! **(Slide 1)** To begin, I'd like everyone to discuss some opening questions within your group. Once you've discussed the prompts within your groups, we will come back together as a class and discuss your thoughts and responses as a whole. **(Slide 2)**

The first prompt I'd like you to discuss within your groups is:

- Explain what you know about serving sizes. **(Slide 3)**
Facilitator Tip: Explain to participants that they may write their answers independently or assign one person in their group to write down everyone's thoughts. It may be helpful to explain to the class that they will learn more about these topics throughout the lesson.

2. **Do:** Allow 2 to 3 minutes for groups to discuss the prompt. Repeat with the remaining prompt:
 - Explain what you know about Nutrition Facts Labels. **(Slide 4)**

Class Discussion

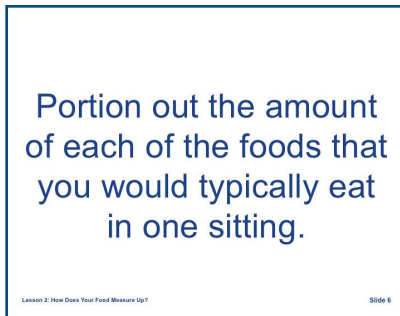
3. **Say:** As a class, let's discuss what you talked about in your groups. What were some of your thoughts on the first prompt, "Explain what you know about serving sizes?"
4. **Do:** Allow about a minute for participants to share their thoughts on this topic with the class. Repeat with the remaining prompt:
 - Explain what you know about Nutrition Facts Labels. **(Slide 4)**

Facilitator Tip: This sharing phase is a great opportunity to begin to build rapport with participants. Some statements and questions to help engage participants at this phase are: "Tell me more about that"; "What do you mean by..."; "Did anyone else write this?". At this stage, don't correct misconceptions. Instead, make note of them, and if they are not corrected organically through the lesson, address them briefly at the end of the lesson.

Procedure (Experiencing)



Slide 5



Slide 6

Introducing the Activity

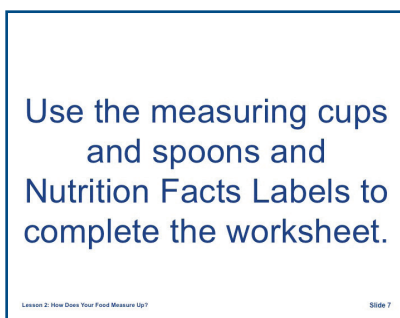
5. **Say:** Now that we've completed our opening discussion, we'll start on the activity for this lesson. **(Slide 5)** This activity involves portion sizes.
 - You will receive a worksheet to fill out with your group as part of this lesson.
 - Each group will walk around the room to each food station. Choose one member of your group to portion out the amount of each food that you would typically eat in one sitting. **(Slide 6)**
6. **Do:** Provide each group with:
 - One copy of the ***How Does Your Food Measure Up? (Activity Sheet 2-A)***
 - One paper plate
 - One paper bowl
 - One paper cup

Facilitator Tips: If it is a large class, asking for volunteers to help distribute materials.

If any of the foods are not safe for consumption (e.g. unwashed grapes), inform participants of this.

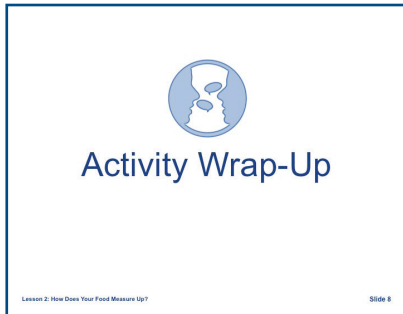
Visiting Food Stations and Completing the Worksheet

7. **Say:** Now that you have your materials, you can begin! You can start at any station, just please make sure that there is no more than two groups per station at any given time.
8. **Do:** Allow a few minutes for all groups to portion out their foods. While they are doing this, distribute to each group:
 - One set of measuring cups
 - One set of measuring spoons
 - One set of ***Nutrition Facts Labels (Handout 2-B)***
9. **Say:** For the next step in this activity, you will use the measuring cups and spoons, and the Nutrition Facts Labels to answer questions on the worksheet. **(Slide 7)**
10. **Do:** Allow several minutes for participants to portion their foods and complete the worksheet.



Slide 7

Activity Wrap-Up (Sharing, Processing, and Generalizing)



Slide 8

11. **Say:** As a class, let's discuss your observations. **(Slide 8)**

12. **Do:** Follow the group's line of thinking, and if necessary, ask more targeted questions.

- Explain what you observed when comparing the Nutrition Facts Label serving size versus the portion size your group measured.
- Explain what you observed about the amount of food your group portioned and how the portion size affected the calories and nutrients.
- Explain why knowing the Nutrition Facts Label serving size might be useful.
- Explain what you know about the serving size listed on the Nutrition Facts Label.

Facilitator Tip: If there are any misconceptions remaining in this phase of the lesson, you should address these now.

Concept and Term Discovery/Introduction

Over the course of the activity, participants should be able to identify the following concepts:

- A portion is a subjective amount of food that someone chooses.
- A serving size is a standardized amount of food listed on the Nutrition Facts Label to use as a reference when determining the amount of calories and nutrients consumed, or to compare and contrast similar food products when making purchasing decisions.
- The serving size listed on the Nutrition Facts Label is not the recommended amount to eat.

The following key vocabulary terms should be discovered by participants or introduced to them: density (of food), measurement (of food), Nutrition Facts Label, portion, serving size, and subjective.

2.2: Expanding Knowledge

Overview

In this mini-lecture, participants will learn more about portion and serving sizes, how Nutrition Facts Labels can be used to compare foods, and density of foods and how this impacts the school meal pattern requirements.

Getting Ready

Time Required

10 minutes

Materials Needed

(Materials provided in the curriculum)

For the Facilitator <ul style="list-style-type: none"><input type="checkbox"/> Lesson 2 (PowerPoint)<input type="checkbox"/> Computer<input type="checkbox"/> PowerPoint Projector	For Each Group of 2-4 Participants <ul style="list-style-type: none"><input type="checkbox"/> None
For the Class <ul style="list-style-type: none"><input type="checkbox"/> None	For Each Participant <ul style="list-style-type: none"><input type="checkbox"/> None

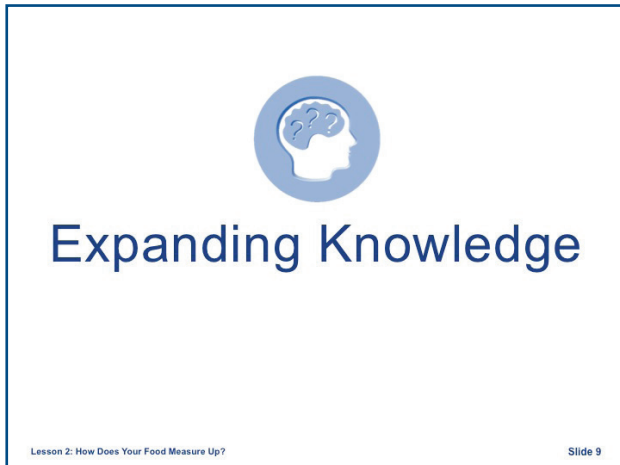
Preparation

Projector Set-up

1. Connect laptop to projector. Load **Focus on Food Lesson 2** (PowerPoint).
2. Queue the PowerPoint presentation to Slide 9.

Procedure

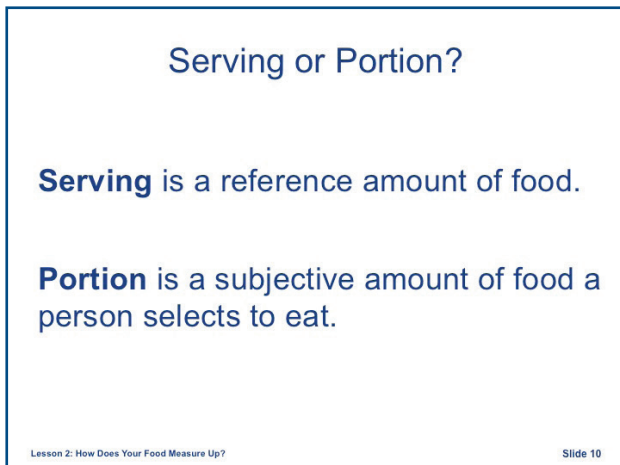
3. **Do:** Go through the Expanding Knowledge presentation slide by slide. The following script is available for use if you so choose.



Slide 9

Now let's review some of the concepts we learned during Lesson 2, How Does Your Food Measure Up?

Slide 9



Slide 10

Serving and portion sounds very similar, but in nutrition we use them to mean two different things. A serving is a reference amount of food. We use it as a basis for comparison, and I'll talk in just a minute what that means. A portion is a subjective amount of food. It's what you choose to eat. It can be more than a serving or less than a serving.

Slide 10



Slide 11

For example, Jan eats a half-cup of carrots. One serving is 1 cup, so Jan's portion is equal to $\frac{1}{2}$ serving.

Slide 11

Nutrition Facts Labels

Reference amount of food.

Regulated by the FDA.

Baby Carrots	
Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	53
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron <1mg	2%
Potassium 365mg	7%

*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.

Lesson 2: How Does Your Food Measure Up?

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Slide 12

Slide 12

Servings are listed on the Nutrition Facts Label and are regulated by the FDA. We can use this to figure out nutrient intake.

In the previous example, a serving of carrots is one cup. All of the numbers on the Nutrition Facts Label are calculated based on that 1 cup serving.

Nutrition Facts Labels

Jan consumed 1/2 cup of carrots.

How much fiber and calcium did she consume?

Baby Carrots	
Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	53
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron <1mg	2%
Potassium 365mg	7%

*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.

Lesson 2: How Does Your Food Measure Up?

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Slide 13

If we want to figure out the nutrients in a portion, we compare the portion size to the serving size.

Let's go back to Jan and her half-cup of carrots. Since we know that 1 cup is the serving size, and Jan's portion was half of that, how do we figure out her nutrient intake?

[Pause to allow responses from the class.]

Nutrition Facts

1/2 cup of carrots is 1/2 serving:

Dietary Fiber = 2 g

Calcium = 26 mg

Baby Carrots	
Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	53
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron <1mg	2%
Potassium 365mg	7%

*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.

Lesson 2: How Does Your Food Measure Up?

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Slide 14

The label states carrots have four grams of dietary fiber and 52 milligrams of calcium. This means Jan consumed 2 grams of fiber, and 26 mg of calcium, or about 2% of the daily recommendation.

Nutrition Facts Labels

Food A		Food B	
Nutrition Facts		Nutrition Facts	
3.5 serving per container		3.5 serving per container	
Serving Size 1 cup		Serving Size 1 cup	
Amount per serving		Amount per serving	
Calories	179	Calories	110
% Daily Value*		% Daily Value*	
Total Fat 1g	0%	Total Fat 1g	0%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 25mg	1%	Sodium 280mg	12%
Total Carbohydrate 43g	14%	Total Carbohydrate 25g	8%
Dietary Fiber 6g	23%	Dietary Fiber 3g	11%
Total Sugars 11g		Total Sugars 3g	
Includes 0g of Added Sugars	0%	Includes 0g of Added Sugars	0%
Protein 1g	2%	Protein 1g	2%
Vitamin D 0mcg	0%	Vitamin D 0mcg	0%
Calcium 52mg	4%	Calcium 400mg	30%
Iron 5mg	50%	Iron 4.5mg	25%
Potassium 470mg	10%	Potassium 260mg	7%

Lesson 2: How Does Your Food Measure Up?

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Slide 15

Slide 15

You can also use Nutrition Facts Labels to compare foods. Let's say you you'd like to purchase a snack and are trying to eat more fiber. Which of these foods would you choose?

[Pause to allow responses from the class.]

Then Food A might be for you.

What if you are more interested in fewer calories, but more calcium?

[Pause to allow responses from the class.]

Then Food B might be the one you would choose.

Nutrition Facts Labels



Lesson 2: How Does Your Food Measure Up?

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We used cups and tablespoons in the activity, but there are many other ways that serving sizes are listed. Some other examples are ounces, or fluid ounces, teaspoons, grams, and more. Can anyone explain the difference between an ounce and a fluid ounce?

[Pause to allow responses from the class.]

An ounce is a measure of weight. A fluid ounce is a measure of volume, or how much space something takes up. For example, 1 cup has 8 fluid ounces.

Density

...is how compact a food is.



Lesson 2: How Does Your Food Measure Up?

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Slide 17

Slide 17

Density of a food is how compact it is, or how much space it takes up for its weight. In the activity, we compared raisins and grapes. When we dehydrate grapes, we remove the water, and this makes raisins a lot denser than grapes.

What are some other examples of foods that are not dense? What are some other examples of foods that are very dense?

[Pause to allow responses from the class.]

Density and School Meal Patterns

How do the lunch and breakfast meal patterns take density into account for certain fruits and vegetables?



Lesson 2: How Does Your Food Measure Up?

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In the school meal patterns, density is something that is factored in with dried fruit, and raw leafy greens. When you compared raisins and grapes, and raw spinach to cooked spinach, how were the nutrients different?

[Pause to allow responses from the class.]

How do you think that relates to the different requirements for dried fruits and raw greens?

[Pause to allow responses from the class.]

Meal Pattern Servings

 Fluid Milk Cups	 Meat/Meat Alternate Ounce Equivalents
 Fruits Cups	 Vegetables Cups
 Grains Ounce Equivalents	

Lesson 2: How Does Your Food Measure Up?

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Slide 19

Slide 19

In the meal patterns, this is how each of the components are measured, and this might vary from what is listed on a nutrition facts label for a food.

2.3: Goal Setting Activity

Overview

In this activity, participants will use what they've learned to set a goal to use resources such as the Nutrition Facts Label when choosing foods.

Getting Ready

Time Required

5 minutes

Materials Needed

(Materials provided in the curriculum)

For the Facilitator Optional: <input type="checkbox"/> Lesson 2 (PowerPoint) <input type="checkbox"/> Computer <input type="checkbox"/> PowerPoint Projector	For Each Group of 2-4 Participants <input type="checkbox"/> None
For the Class <input type="checkbox"/> None	For Each Participant <input type="checkbox"/> Goal Setting – How Does Your Food Measure Up? (Activity Sheet 2-C) Optional: <input type="checkbox"/> Focus on Food Lesson 2 Newsletter (Handout 2-D)

Preparation

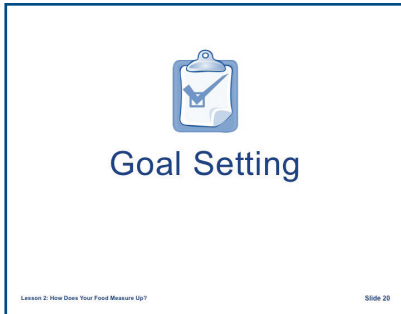
Handouts

1. Make copies of the following handouts:
 - **Goal Setting – How Does Your Food Measure Up? (Activity Sheet 2-C)**, one for each participant.
 - Optional: **Focus on Food Lesson 2 Newsletter (Handout 2-D)**, one for each participant.

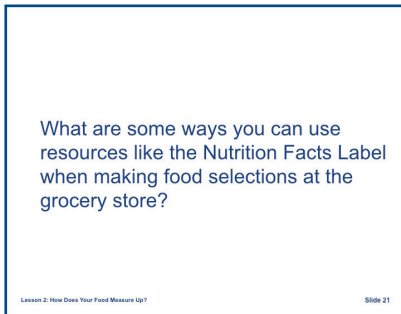
Optional

2. Connect laptop to projector. Load **Focus on Food Lesson 2** (PowerPoint).
3. Queue the PowerPoint presentation to **Slide 20**.

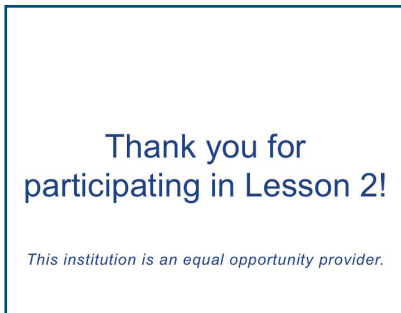
Procedure



Slide 20



Slide 21



Slide 22

4. **Say:** Now let's move on to goal setting! (**Slide 20**) We've talked about how Nutrition Facts Labels are a resource to use with choosing foods. The next step is to set some goals and make a plan. I am going to distribute a goal setting handout that has the following question: (**Slide 21**)
 - What are some ways you can use resources like the Nutrition Facts Label when making food selections at the grocery store?
5. **Do:** Provide a copy of the **Goal Setting – How Does Your Food Measure Up? (Activity Sheet 2-C)** to each participant. Allow participants a few minutes to complete the handout.
6. **Say:** Would anyone like to share the goals they set for themselves?

Optional:

7. **Say:** I'm going to distribute one last handout, which is a newsletter with some extra information you might be interested in. Thank you all for participating in Lesson 2! (**Slide 22**)
8. **Do:** Provide a copy of the **Focus on Food Lesson 2 Newsletter (Handout 2-D)** to each participant.

How Does Your Food Measure Up?

	Carrots (Example)	Raw Spinach	Cooked Spinach	Grapes	Raisins	Milk	Cheese
What is amount of food, or portion , you served yourself? Hint: use cups or tablespoons.	½ cup						
What is the serving size of each food according to the Nutrition Facts Label?	1 cup						
What amount of this nutrient is in one serving ?	Fiber: 4g	Iron:	Iron:	Sugar:	Sugar:	Carbs*:	Carbs*:
What amount of this nutrient is in the portion you served yourself?	Fiber: $4g/2 = 2g$	Iron:	Iron:	Sugar:	Sugar:	Carbs*:	Carbs*:
What is the difference in this nutrient between your portion and the serving size ?	There is less fiber in my portion than in the serving size.						
How many calories are in one serving?	53 calories						
Does your portion have more or less calories than one serving ?	Less calories						

Nutrient Labels

Baby Carrots

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	53
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron <1mg	2%
Potassium 365mg	7%

Spinach (raw)

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	7
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 39mg	3%
Iron 1mg	5%
Potassium 167mg	4%

Spinach (cooked)

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	41
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 126mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g of Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 245mg	20%
Iron 6mg	16%
Potassium 839mg	18%

Grapes (raw)

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	62
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g of Added Sugars	0%
Protein <1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron <1mg	0%
Potassium 176mg	4%

Raisins

Nutrition Facts	
Serving Size 1/4 cup	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 32g	10%
Dietary Fiber 2g	6%
Total Sugars 24g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 300mg	6%

Low-Fat Shredded Cheese

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	3%
Total Sugars 0g	
Includes 0g of Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 250mg	19%
Iron 0mg	0%
Potassium 25mg	0%

Low-Fat Milk (1%)

Nutrition Facts	
Serving Size 1 cup	
Amount per serving	
Calories	115
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	4%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg	13%
Calcium 314mg	30%
Iron 0mg	0%
Potassium 397mg	9%

Goal Setting

1. What are some ways you can use Nutrition Facts Labels when making food selections at the grocery store?

Focus on Food Lesson 2 Newsletter

The optional newsletter on the following pages is designed to help reinforce the concepts learned. If offering this course in a single workshop, you may wish to distribute the lesson newsletters weekly in order to help refresh participants' memory and solidify the concepts.

How Does Your Food Measure Up?

In this issue...

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Are you eating a portion or a serving?

The difference between a portion and a serving size can be confusing. A person selects a subjective amount of food to eat to determine their portion. The serving size of a food is located on the Nutrition Facts Label found on the packaging of the food. This serving size is a reference amount of food determined and regulated by the Food and Drug Administration (FDA).

Serving size is listed on the Nutrition Facts Label as a measurement of food, often in cups, tablespoons, teaspoons, or ounces.

Turn the page for more info on Nutrition Facts Labels!

No Scale? No Problem!

Ideally, everyone has a kitchen scale and several different sized measuring cups and spoons so that measuring out or scaling up a recipe is no problem. However, this is not always the case so having these common conversions handy can be helpful.

1 Gallon = 4 quarts 8 pints 16 cups 128 fluid ounces 3.8 liters	1 Quart = 2 pints 4 cups 32 fluid ounces .95 liters	1 Pint = 2 cups 16 fluid ounces .48 liters
1 Cup = 8 fluid ounces 240 milliliters	1/4 Cup = 4 tablespoons 12 teaspoons 2 fluid ounces 60 milliliters	1 Tablespoon = 3 teaspoons 1/2 fluid ounce 15 milliliters

Did you know?

The Nutrition Facts Label is changing!
Check out page 3 to learn more!

Coming Soon! The New Nutrition Facts Label

Coming soon to a product near you is a brand new Nutrition Facts Label. Starting in July 2017, these new labels began popping up everywhere. Here's what to expect.



NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

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 235mg 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.

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

New: added sugars

Change in nutrients required



Don't Be Confused: Density vs. Nutrient Density

You may have heard the term “nutrient-dense” when referring to a food item that is generally recognized as being a healthier option. The nutrient density of a food is the proportion of nutrients within that given food.

Foods that are considered nutrient-dense are in all five food groups and include:

- Brightly colored fruits and 100% fruit juice
- Vibrantly colored vegetables
- Whole grain, fortified, and fiber-rich grain foods
- Low-fat and fat-free milk, cheese, and yogurt
- Lean meats, poultry, fish, eggs, beans, and nuts

Spinach, You're So Dense



The amount of food considered a serving may depend upon the **density** of a food. The density of food is the compactness and amount of space a food takes up. For example, 2 cups of raw spinach is considered 1 serving of vegetables, whereas 1 cup of cooked spinach is considered 1 serving of vegetables. (See Lesson 4 for more information about MyPlate)

This dramatic change in size happens due to water being drawn out during the cooking process.



What's up with those labels on the front of packages?

The FDA is the government agency that rules on what companies are allowed to say on their packages. Certain kinds of labels are permitted as long as they aren't misleading.

Health Claims describe a relationship between a food item and reduced risk of disease. These claims must meet certain criteria and be authorized by the FDA.

Example health claim:
 "Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect."

Nutrient Content Claims use terms like free, high, and low to describe the amount of a nutrient in a food and if the food has less when compared to similar food.

Example nutrient content claim:
 "Reduced Sodium"

Structure/Function Claims describe an intended effect of a nutrient or ingredient on a structure or function of the body. These claims can include benefits to or maintenance of a body structure or function.

Example structure/function claim:
 "Calcium Builds Strong Bones"

Now Serving...Nutrition Facts Label

Knowing the serving size of a food allows for calculation of the total amount of calories and nutrients.

Here's an example of a Nutrition Facts Label...

Macaroni and Cheese

Nutrition Facts	
2 serving per container	
Serving Size 1 cup	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g of Added Sugars	0%
Protein 5g	2%
Vitamin D 0mcg	0%
Calcium 272mg	20%
Iron 1mg	4%
Potassium 100mg	2%

*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

There are two servings per container.

One serving of this product is 1 cup of Macaroni & Cheese.

Since there are 2 servings per container, if you wanted to eat the whole package, you would need to multiply the other nutrients by 2 to determine your total.



Did you know?

Containers can be misleading.

This is especially true of beverages. Although it is common to drink an entire can or bottle, the serving size may actually only be for half the container. Be sure to read the Nutrition Facts Label carefully.

Handy Portion Size Estimates

Knowing how much food we're eating can help us be aware of the calories and nutrients we're consuming. But what do we do when there are no scales or measuring cups handy? One way to estimate portion sizes is to use hands for comparison. Fists, palms, thumbs and everyday objects can give us an idea of how our portion compares to a standard serving size.



One fist is about the same volume as 1 cup.

Food examples include dry cereal, fruit, and vegetables



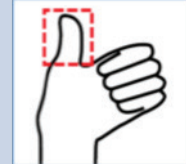
Two fists are about the same volume as 2 cups.

Food examples include raw leafy greens, such as kale and spinach.



One palm is about the same size as 3 ounces of meat.

Food examples include chicken, beef, fish, and pork.



One thumb is about the same size as 1 tablespoon.

Food examples include ketchup and peanut butter.



One thumb tip is about the same size as 1 teaspoon.

Food examples include jam, butter, and margarine.



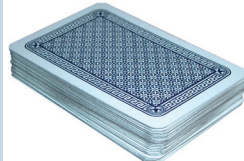
One baseball is about the same volume as 1 cup.

Food examples include dry cereal, fruit, and vegetables



One tennis ball is about the same volume as ½ cup.

Food examples include pasta and rice.



One deck of cards is about the same size as 3 ounces of meat.

Food examples include chicken, beef, fish, and pork.



One ping pong ball is about the same size as 2 tablespoons.

Food examples include salsa and hummus.



One golf ball is about the same size as ¼ cup.

Food examples include dried fruit and nuts.

Adapted from Dairy Council of California (<http://www.healthyeating.org/Healthy-Eating/Healthy-Living/Weight-Management/Article-Viewer/Article/348/Correct-Portion-Sizes-How-to-Keep-Portion-Distortion-in-Check.aspx>) and Medline Plus (<https://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000337.htm>).

Test your knowledge! Take our Nutrition Facts Label quiz!

- Which food has more calories per serving?
 - Food A
 - Food B
 - They are the same
 - There is no way to tell
- If someone ate the entire package of Food B, they would be eating...
 - 30 calories
 - 35 calories
 - 60 calories
 - 105 calories
- Which food has more dietary fiber per serving?
 - Food A
 - Food B
 - They are the same
 - There is no way to tell
- Which food has a larger portion size?
 - Food A
 - Food B
 - They are the same
 - There is no way to tell

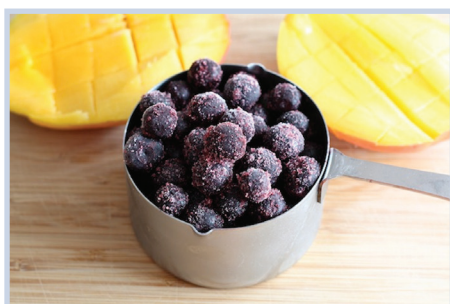
Food A

Nutrition Facts	
3.5 serving per container	
Serving Size 1/2 cup	
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	4%
Potassium 230mg	7%
*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	

Food B

Nutrition Facts	
3.5 serving per container	
Serving Size 1/2 cup	
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 6g	8%
Dietary Fiber 2g	0%
Total Sugars 3g	
Includes 0g of Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	4%
Potassium 260mg	7%
*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	

Check your answers at the bottom of the page!



The Results are In!

If you got all four right:

You are a Nutrition Facts Label reading pro! You know how to use serving sizes to make informed choices. Keep getting out there and learning more!

If you got two or three right:

You're on the right track! Try finding the information you missed in other pages of this newsletter to become a Nutrition Facts Label master!

If you got one or less right:

It just means you have more opportunities to learn. Read through the newsletter again.

1. a; 2. d; 3. c; 4. d

