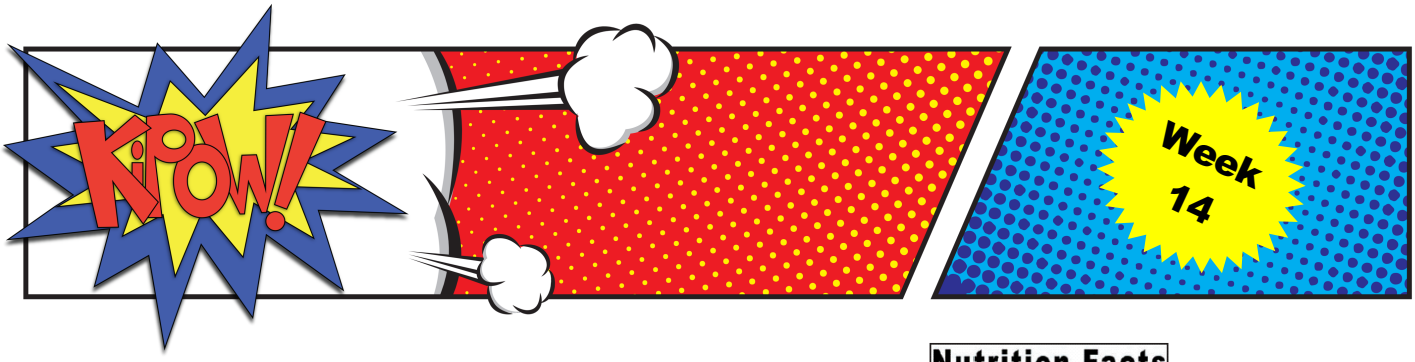
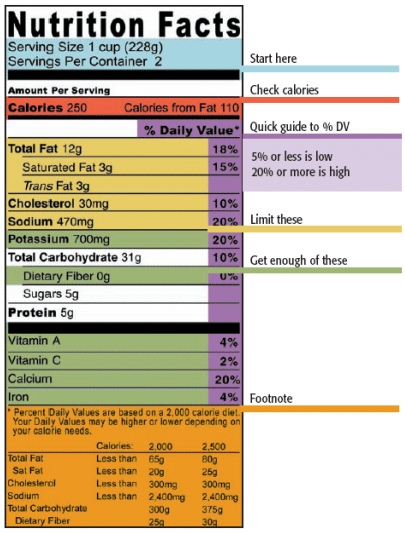


Why are nutrition labels important?

- They tell you important information such as serving size, number of servings, calories, and all the different nutrients in the food.
- Nutrition labels help you monitor what nutrients you eat to make sure you have a well-rounded healthy diet



This week we learned about:

Reading Nutrition Labels

- Nutrition labels are found on the size of a can or box of food. If you're at a restaurant or the food doesn't have a label you can find nutrition facts online or on restaurant websites

- What can we see on nutrition labels? We see information on vitamins, proteins, macrominerals, calcium, phosphorus, sodium, magnesium, potassium), microminerals (iron, zinc), Sugar, Fats, and calories.

- What nutrients do you want to eat more of? Foods higher in vitamins, proteins, calcium, potassium, magnesium, iron

- What nutrients do you want to eat less of? Sugars, fat, sodium

- Serving size is the portion of food the nutrition label is referring too. It is the recommended portion of that food to eat

NEXT TIME (02/07/20):
Healthy snacks!