Nutrition Facts Labels
Nutrition Facts labels, which can be found on most food items, are an important resource for consumers. Thanks to Nutrition Facts labels, we get easy-to-read and consistent tables that enable us to quickly find the information we need to maintain a healthy diet. On these labels, we can find information on the amount per serving of saturated fat, cholesterol, dietary fiber, and other nutrients. We can also easily see nutrient reference values. These are expressed as “% Daily Values,” which help us to see how foods fit into an overall diet and standardized serving sizes that make nutritional comparisons of similar products easier.

Some of the facts included in the Nutrition Facts label are serving size and servings per container. The facts listed on the label are for one serving size of the food. Serving sizes can help people understand how much they are eating. The calorie portion of the Nutrition Facts label tells us the amount of energy in the food. People are often interested in this number when trying to lose weight. The percent Daily Values tell us how much of a daily allowance the food provides for a specific nutrient. The daily values are based on an adult’s needs, not a child’s. This is important to note because children may need more or less of certain nutrients depending on their age and size. Fat, cholesterol, and sodium amounts are listed on the Nutrition Facts label so that a person can realize how much of each he/she is getting. These nutrients should be consumed in limited amounts. Nutrients such as potassium, fiber, vitamin A, vitamin C, calcium, and iron are also listed. We need to make sure we get enough of these nutrients.

One good rule to follow is the 5/20 rule, which involves checking the daily value percentages of foods. For nutrients we want less of such as cholesterol and fat, we should choose foods with a low daily value (5% or less). For nutrients we want more of (such as calcium, fiber, iron, and vitamins A and C), we should choose foods with a high daily value (20% or more). By following the 5/20 rule, we can ensure that we are eating the foods that give us the nutrients we need!


Club Roll Call: Name a physical activity you are looking forward to doing once the weather is warmer.

Physical Activity Calendars
Collect the January Physical Activity Calendar from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart.

Have a short discussion to review the Physical Activity Pyramid and reflect on each one’s activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over days in January?
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?

Pass out the February Physical Activity Calendar.

**Educational Activity**

This month, members will spend time learning about Nutrition Facts labels and then participate in the Clown Relay. In this fast-paced and fun relay, members will dress up in oversized clothing over their own clothes and dash to the opposite side of the room, where a team member will be waiting to do the same! Leaders will need to supply the articles of clothing and can get creative with silly hats, bandanas, or mittens!

**Recipes/Snacks**

This month’s recipe is for Valentine Treat. This heart-shaped snack made with cranberries and cherries (or raisins) is perfect for the February holiday of Valentine’s Day!

**Family Activity**

This month, families will explore just what makes up a USDA serving of each food group of MyPyramid. Guidelines are provided to help to visualize what a one-ounce or one-cup serving looks like. Families can also do the Milk and Milk Products Scavenger Hunt the next time they go to the grocery store. In this activity, they will explore the Daily Values of nutrients and use the 5/20 rule.

**Community Activity**

As a community activity, members can make and present a poster that includes information on the nutrients and vitamins discussed this month. Youth can include information about the nutrients themselves, how the body uses them, and good sources of each nutrient. Posters can be displayed and presented at school, the local grocery store, or at the next club meeting.

**Ties to 4-H Projects**

If members are completing this month’s community activity, they can do so as part of Public Presentations, a Communications project. Learn more about the dates of your local Public Presentations Contest and encourage youth to enter the contest using the poster as part of an illustrated speech. In order to learn about vitamins and nutrients that are part of a Nutrition Facts label, members can enroll in Food and Nutrition projects such as Tricks for Treats, Dairy Foods, Breads and Cereals, and Fruits and Vegetables. For youth who enjoyed the Clown Relay, consider the Theatre Arts projects. Members can learn more about topics such as miming, make-up, and costumes. Members enrolled in Theatre Arts may also help to gather supplies for this month’s Clown Relay.

All Get Up and Move! materials can be found on the State 4-H website at [http://www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).

Get Up and Move!

[Logo]

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02/07
Each day fill in what physical activity you did and how many minutes you did it.

**February**

<table>
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<th>Sunday</th>
<th>Monday</th>
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</table>

**Nutrition Facts Label**

Unscramble the following words to find things found on a Nutrition Facts Label.

1. etolhecrlso
   
   ____________________

2. toirnpe
   
   ____________________

3. asft
   
   ____________________

4. aorcslie
   
   ____________________

5. suodim
   
   ____________________

6. iitnvam A
   
   ____________________

7. maclcui
   
   ____________________

8. oinr
   
   ____________________

9. tvniiam C
   
   ____________________

10. mtaoun rep nrsiveg
    
    ____________________

**February total minutes of physical activity**

Name ____________________________
Valentine Treat

3 tablespoons butter
1 package (10 ounces) large marshmallows
6 cups crisp rice cereal
½ cup raisins or dried cherries
½ cup dried cranberries
Red food coloring

In a large saucepan, combine butter and marshmallows. Cook and stir over medium-low heat until melted.

Remove from the heat; stir in a few drops of red food coloring, the cereal and dried fruit.

Pat into a 15-inch x 10-inch jelly roll pan coated with nonstick cooking spray; cool.

Use heart-shaped cookie cutter to cut into Valentine’s Day treats.

Makes approximately 20 hearts.
**Clown Relay** (25 minutes)

**Items needed for this activity:**
- Sample Nutrition Facts label
- For each team, gather 6-10 articles of clothing, including socks, shoes, hats, etc. Divide the clothing "evenly" into piles (i.e. pair of pants in each pile, mittens in each pile, etc.). Make sure the clothes are large enough that the outer layers can fit over the members' own clothes.
- A cone or similar object if using the variation of the game described below.

**Activity set up:**
- Clear an area for the clown relay. Designate a start and finish line for each team. If using the variation of the game described at the end, for each team, you will need an object, such as a cone, set up on one side of the room and a starting line on the other side.

**Step 1: Information to share with club members (15 minutes)**

This month's topic is the Nutrition Facts label. Does anyone know what that is? (Wait for responses). The Nutrition Facts label is information on a package of food that lists the nutrient content of that food or drink. It provides information about serving size, calories, fat, fiber, sugars, protein, and other nutrients. This information is based on a serving size. Can anyone tell us what a serving size is? (Wait for responses). A serving size is a measured amount of food or drink, such as one slice of bread, ½ cup of fruit, or eight ounces of milk. Nutrition recommendations use serving size as a way to help people know how much of different types of food they should eat to get the nutrients they need. But be aware, a serving size listed on a Nutrition Facts label is not always the same as the serving size recommended by the USDA and MyPyramid.

The Nutrition Facts label can help you make food choices by giving you information about the nutrients in a serving of food. You can use the percent daily value to help you determine if there is a lot or a little of a certain nutrient in a serving of food. A good rule to use is what is called the 5/20 rule. If a daily value percent is five or less, that food is low in that nutrient. If the daily value percent is twenty or more, the food is high in that nutrient. Now which nutrients do we need more of and which do we need less of? Let’s find out!

I have here a sample Nutrition Facts label from a whole grain oat cereal. Let’s start at the top. First, you can see that the serving size is one cup. So all of the numbers on the label relate to what is found in one cup of the cereal. The next line says "servings per container about 14." Does anyone know what this means? (Wait for answers). That’s right!
In one box of cereal there are 14 one-cup servings. Or 14 cups.

Next we see that the number of calories in a serving is 110. This number tells us how much energy is in the food. We can also see that 20 of these calories are from fat. Calories can also come from protein or carbohydrates.

The total fat heading tells us how many grams of fat are in the food. We want this number to be low. The percent daily value of fat for this food is 3%. This means that it contains 3% of our daily fat intake. Since this number is less than five, we say it is low.

Cholesterol and sodium are also nutrients we want to eat in small amounts. This food has no cholesterol (which is good!) and it has nine percent of the daily value of sodium, or salt. This isn’t low, but it isn’t too high.

This cereal has 3 grams of fiber or 11% of the daily value. Remember last month when we talked about the importance of fiber? That is one nutrient we want to get enough of!

Look at the vitamins and nutrients at the bottom. We see Vitamin A, Vitamin C, Calcium, and Iron. We want to make sure our body gets plenty of these. Look at this label. The whole grain oat cereal has 45% of the daily recommended value of iron. That means it is high in iron.

Besides reading the Nutrition Facts label to make sure we are getting the right nutrients for our bodies, we need to remember that we need to also get at least 60 minutes of physical activity per day. We are going to play a fun game that will give us all some great exercise!

(Sources: USDA, U.S. Department of HHS, NIH, www.kidshealth.org)

Step 2: Group Activity 1 (10 minutes)

For this game we are going to get up and moving and have a good time! We are going to divide into relay teams for the clown relay. (Divide members into teams equaling the quantity of clothing sets. Place half of each team on one side of the room at the starting line and half of each team on the other side at the finish line. Place each pile of clothes at the starting line, in front of the team to which they belong). As you can see, I have given each team a pile of oversized clothes. (Point out articles and note that each team has the same amount and type of clothing).

Now, when I say “GO!” the first person in line from the starting line side will put on each article of clothing from the pile OVER their own clothes. Then they will run down to the other side to the finish line. There, they will take off each article of clothing. Once that person has ALL the items off, the first person in line on that side will put them all on, again OVER their own clothes! They will run to the starting line and take them off. The next person in line at the starting line will put them on and run to the opposite side of the room. Your team will continue like this until everyone has dressed and raced. The first team to have the last person cross the finish line will win!

Variation:

If necessary due to space, you can have the entire team on one side of the room and have members put on the clothes, run around an object, such as a cone, and back to the team before taking off the articles of clothing.

Get Up & Move!
Facilitator’s Guide to the Scavenger Hunt
Option 1

Where to Find Serving Size, Fat, Fiber, and Sugar on a Nutrition Facts Label

**Nutrition Facts**
Serving Size 1 cup (30g)
Servings Per Container About 14

<table>
<thead>
<tr>
<th>Amount/Per Serving</th>
<th></th>
<th>% DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</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>210mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>11%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 10%
Vitamin C 10%
Calcium 10%
Iron 45%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, CORN STARCH, SUGAR, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. **VITAMINS AND MINERALS:** IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D.
Nutrition Facts Labels

Nutrition Facts labels, which can be found on most food items, are an important resource for consumers. Thanks to Nutrition Facts labels, we get easy-to-read and consistent tables to enable us to quickly find the information we need to maintain a healthy diet. On the labels of each food, we can find information on the amount per serving of saturated fat, cholesterol, dietary fiber, and other nutrients. We can easily see nutrient reference values, expressed as “% Daily Values,” which help us to see how foods fit into an overall diet and standardized serving sizes that make nutritional comparisons of similar products easier. The percent daily values tell us how much of a daily allowance the food provides for a specific nutrient. The daily values are based on an adult’s needs, not a child’s. This is important to note because children may need more or less of certain nutrients depending on their age and size.

Fats, cholesterol, and sodium are listed on the Nutrition Facts label. These nutrients should be consumed in limited amounts. Nutrients such as potassium, fiber, vitamin A, vitamin C, calcium, and iron are also listed. We need to make sure we get enough of these. One good rule to follow is the 5/20 rule, which involves checking the daily value percentages of foods. For nutrients we want less of such as cholesterol and fat, we should choose foods with a low daily value (5% or less). For nutrients we want more of (such as calcium, fiber, iron, and vitamins A and C), we should choose foods with a high daily value (20% or more). By following the 5/20 rule, we can ensure that we are eating the foods that give us the nutrients we need.

- **Check servings and calories.** Look at the serving size and how many servings the package contains. If you consume one serving, the label clearly outlines the nutrients you get. If you double the servings you eat, you double the calories and nutrients, including the % DV.
- **Don’t sugar-coat it.** Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.
- **Know your fats.** Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories per day.
- **Reduce sodium (salt), increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium (e.g., tomatoes, bananas, potatoes, and orange juice) which counteracts some of sodium’s effects on blood pressure.

(Sources: USDA, U.S. Department of HHS, NIH, www.kidshealth.org)
Portion Sizes
For this month’s family activity, try to keep track of the foods you eat and the amounts you eat each day. Many people may not know the correct portion sizes that the USDA recommends. You can use the following as a guide to know how much you should be consuming of each type of food.

The Grain Group
½ cup cooked rice (1 ounce)……………………..is the size of a tennis ball
1 cup pasta/spaghetti (2 ounces)………………..is the size of a fist

The Vegetable Group
1 cup green salad………………………………….….is the size of a baseball or a fist
½ cup serving………………………………….……….is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob

The Fruit Group
½ cup of grapes………………………………………..is 15 grapes
½ cup fresh fruit………………………………….…….is the size of 7 cotton balls
¼ cup raisins……………………………………….…...is the size of a large egg

The Milk Group
1 ounce of processed cheese (1/2 cup milk)……..is the size of your thumb
1 cup ice cream (3/4 cup milk)……………………..is the size of a baseball

The Meat & Beans Group
2 tablespoons peanut butter……………………..is the size of a ping-pong ball
3 ounces cooked meat, fish, or poultry…………..…..is the size of a deck of cards
3 ounces grilled/baked fish…………………………..…is the size of a checkbook
3 ounces cooked chicken……………………………..is a chicken leg and thigh or breast

(Adapted from Ellen Schuster, Oregon State University)

Your family can explore Nutrition Facts labels the next time you are at the grocery store! The Milk and Milk Products Scavenger Hunt will help you explore the Daily Values of nutrients and use the 5/20 rule! This activity can be found on the 4-H website at http://www.4-h.uiuc.edu/opps/move/.
Today you’re going on a scavenger hunt for information! Tour the milk section and answer the questions below.

### Key things to look for in your search
- Low-fat or fat-free milk products
- Calcium

### What is a gram?
- The Nutrition Facts label uses two metric units to measure weight—grams (g) and milligrams (mg).
- These measurements tell you exactly how much of each nutrient is in a serving.
- Grams and milligrams are very small: 1 gram is about the weight of a paper clip and 1,000 mg = 1g.

### Nutrition Information

**Choose someone in your group to read this paragraph out loud:**

People like milk products for a lot of reasons. They taste good, you can have them at any time of the day, and they are a good source of calcium. Milk products can also be a major source of fat, so food companies offer many good-tasting milk products that are lower in fat.

Don’t forget the “5–20” rule when looking at fat content on the Nutrition Facts label of milk products. 5% daily value (DV) or less means the product is low in fat, and 20% DV or higher means the product is high in fat. When it comes to fat, you want to choose foods that are low on the % DV, not high.

Read the Nutrition Facts label and ingredient list, and fill in the chart.

<table>
<thead>
<tr>
<th>Milk Products</th>
<th>2% Milk</th>
<th>Fat-free milk</th>
<th>Regular cheddar cheese</th>
<th>Reduced-fat cheddar cheese</th>
<th>Regular cottage cheese</th>
<th>Fat-free cottage cheese</th>
<th>Regular cream cheese</th>
<th>Reduced-fat cream cheese</th>
<th>Whole-milk yogurt</th>
<th>Fat-free yogurt</th>
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<tbody>
<tr>
<td>1.</td>
<td>What are the total fat grams per serving?</td>
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<td>2.</td>
<td>What is the percent daily value (%DV) of fat per serving?</td>
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Lesson 6, Option 1

Media-Smart Youth: Eat, Think, and Be Active!

3. Of these milk products, which should you choose more often based on fat content?

- Fat-free milk or 2% milk
- Regular cheddar cheese or Reduced-fat cheddar cheese
- Regular cottage cheese or Fat-free cottage cheese
- Reduced-fat cream cheese or Regular cream cheese
- Whole-milk yogurt or Fat-free yogurt

Why?

____________________________________________________________________________________________

____________________________________________________________________________________________

Packaging and Placement

4. What words on the milk product package tell you whether the product is low in fat?

_________________________________________________________________________________________

5. What are some techniques that companies use to decorate the packages of milk products?

_________________________________________________________________________________________

6. What clues on the package help you figure out the main target audience?

_________________________________________________________________________________________

7. Name one interesting fact you learned about milk products. You can think about the nutrition content, packaging, or the location of the milk products in the store.

_________________________________________________________________________________________

Bonus: See if you can find calcium on the Nutrition Facts label. Calcium is important for healthy teeth and bones. Pick two of the products you just looked at and answer the questions below:

Name of product 1

Is the %DV for calcium 5 or less or 20 or more? (circle one)

Name of product 2

Is the %DV for calcium 5 or less or 20 or more? (circle one)

You’ll learn more about calcium in Lesson 8.

Congratulations! You have finished the Milk and Milk Products Scavenger Hunt!
At this month’s meeting, you learned about how the Nutrition Facts label on a food gives you information on what vitamins and nutrients are present in each food. As a community activity, visit your local library to research what each of these nutrients is and what it does for the body! Below are some ideas and questions to get you started!

Consider making a poster to display your information. You can give a presentation at the next club meeting or at a local civic club meeting, such as Rotary or Kiwanis. You can also ask if you can display your poster at a local grocery store or in the school cafeteria!

Some ideas to include:

Calories, Fats, Cholesterol, Sodium, Potassium, Carbohydrates, Protein, Vitamin A, Vitamin C, Calcium, Iron

Which of the above should be limited? Which should we get enough of?

In what foods can the above be found?

How does your body use each nutrient or vitamin? Why is it important to get enough of the nutrients we need?

Can you think of more ideas?