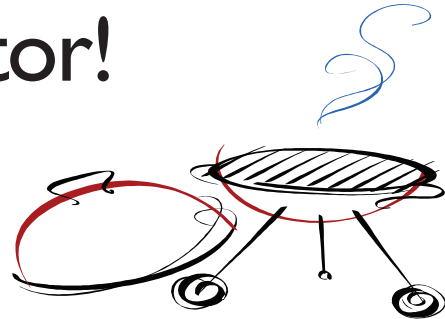


Grill Me About...

Being a Food Investigator!



Ask me what I learned about investigating Nutrition Facts and Ingredient Lists in my GrowingGreat classroom nutrition lesson:

1. In what order are ingredients listed?
2. When reading ingredient lists, what are two clues to finding a higher-quality food?
3. When searching for a higher quality bread, what should be the first ingredient listed?

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Answers:

1. *By weight, from heaviest to lightest*
2. *The fewer ingredients the better; you should recognize the foods listed*
3. *Whole, such as whole wheat, whole rye, whole rice*

High-energy grain recipe

- ¼ Cup Quinoa, rinsed
- ½ Cup brown Rice, rinsed
- ¼ Cup roasted Sunflower Seeds
- 1 ½ Cups water (or broth)
- Pinch of sea salt

In large pot with lid, add salt and liquid. Cover and bring water to a boil. Add quinoa and rice, reduce heat to low, cover and cook 25 minutes or until water is absorbed. Remove cover, stir in sunflower seeds and serve.



TRY ALTERNATIVE GRAIN PRODUCTS

- Pasta** – Whole brown rice
- Snacks** – Spelt pretzels
 - Rice chips
 - Popcorn without hydrogenated oils

- Breads** – Sprouted whole grains spelt, rye, oat
- Wraps** – Corn, rice or seeded tortillas
- Flours** – Oat, brown rice, buckwheat

Classroom Nutrition Lesson #3

Be a Food Investigator!



A FEW TIPS FOR USING FOOD LABELS

Food Labels are important to read when trying to find higher-quality foods for you and your family. There are two parts to the food label, the Nutrition Facts Label and the Ingredient List. Many details are identified on the Nutrition Facts (like the amount of proteins, fats and carbohydrates) but without investigating the Ingredient List, you are not getting the whole story!

Serving size

Tells how much you need to eat to get the corresponding amount of nutrients. It is not enough to check the amount of sugar before inhaling a bottle of your favorite sports drink—you also need to understand the number of servings contained in the bottle and multiply that by the number of sugar grams.

Fat

Tells the amount of fat by category. If it is trans fats you want to avoid it is important to read the ingredient list, even if trans fats are listed as “0g.” There can still be some in the form of hydrogenated oils due to a government allowance for labels. Read ingredient lists to make sure it really isn’t there!

Carbohydrates

Tells the number of carbs by category. If it is fiber you are seeking, read the ingredients to make sure the source of fiber is 100% whole grain such as wheat, rice, oats, rye or corn. If you are avoiding sugar, make sure you identify the source and avoid added sweeteners which take many forms such as high fructose corn syrup, words ended in “ose,” fruit concentrates, malts, and syrups.

Ingredients

Listed by weight from heaviest to lightest, the first item you see is what you will be eating the most of. High quality foods have fewer ingredients and have the source of the food listed first. You should recognize the foods listed in the ingredients!

Label Claims

Often manufacturers put many health claims on their packaging. Never believe them without reading the ingredient list!

Low Fat — Unusually loaded with added sugars to make up lost flavor

Reduced sugar/sugar free — May be replaced with artificial sweeteners

Multigrain/Made with whole grains — May use refined grains with whole grains listed toward the end of the ingredient list

All Natural — Has no nutritional meaning whatsoever, not regulated by FDA

No trans fats — May still have hydrogenated oils in the ingredients

Contains real fruit — Check the source and position in ingredient list

Sample label for Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

Compare ingredients!

Mac and Cheese #1

Enriched Macaroni Product (Durum Wheat Flour with Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese ([Milk, Cheese Culture, Salt, Enzymes], Water; Whey, Partially Hydrogenated Soybean Oil, Sodium Phosphate, Salt, Milkfat, Sodium Alginate, Lactic Acid, Color [Oleoresin Paprika, Annatto Extract]).

Mac and cheese #2

Durum Semolina Pasta (Durum Semolina, Water), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Buttermilk, Butter, Salt.