



HEALTHY FOR LIFE. EDUCATIONAL EXPERIENCES.



Nutrition Facts Label Smarts Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

Video – [Food Label Smarts Demo](#)

Article – [Understanding Food Nutrition Labels](#)

Find these resources in this lesson

Recipe – [Black Bean Salad \(or Salsa\)](#)

Handout – [Eat Smart with Food Nutrition Labels](#)

Handout – [Setting SMART Goals](#)

SPACE SETUP

Chairs and tables for participants

Demo table

Pens for participants

Folders

Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

1 15.5-ounce can low-sodium or no-salt-added black beans

1 15.5-ounce can regular black beans

1 15-ounce can low-sodium or no-salt-added whole-kernel corn

1 15-ounce can regular whole-kernel corn

1 15-ounce can no-salt-added, diced tomatoes

1 15-ounce can regular diced tomatoes

½ cup diced red onion

1 teaspoon minced garlic

2 tablespoons chopped fresh cilantro

2 tablespoons cider vinegar

3 tablespoons olive oil

Juice of 1 lime

Grocery bags

Measuring cups/spoons

Can opener

Bowls (for tasting)

Forks (for tasting)

Optional: If available, use sinks and supply colander to rinse and drain the canned vegetables

*Recipe serves 6 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Nutrition Facts Label Smarts Demo Script

Pass out the Nutrition Facts Label handout before the demonstration so participants can follow along.

SAY:

Learning how to read and understand food labels can help you make healthier choices. I'm going to guide you through some tips on making the most of the information on the Nutrition Facts label. We'll be referencing the new Nutrition Facts label. You should know that packaged foods are gradually transitioning to this updated label. A big difference is that the new label shows **Added Sugars** as well as **Total Sugars**. Added Sugars are sugars put into foods during preparation or processing. Naturally occurring sugars like fructose (in fruit) and lactose (in milk) aren't considered added sugars. The AHA recommends less than 150 calories or 9 teaspoons of added sugar for most men and less than 100 calories or 6 teaspoons of added sugar for most women and for children and teens.

First, let's start with the serving information at the top of the label. This will tell you the size of a single serving and the total number of servings per container or package.

Next, we can check total calories per serving. It's important to pay attention to the calories per serving and how many servings you're really eating. If you double the servings you eat, you double

Nutrition Facts Label Smarts Activity Script

Display canned grocery items at the demo station. Pair the “regular” and “better” foods next to each other. Place the bottle(s) of cider vinegar, olive oil, jar of garlic and limes on the end of the table.

Divide participants into teams and distribute the recipe.



SAY:

Each team will come up to the front to pick up the required recipe ingredients and the recipe.

Remind participants to share the following ingredients with one another: cider vinegar, olive oil, garlic and limes.



SAY:

When you come up to the demo station, grab a grocery bag, that’s pre-filled with your cilantro and diced red onion. As you start shopping through the mock grocery store, you’ll want to look at the Nutrition Facts label and compare the different canned options. Make sure to grab the healthiest version of the ingredient and return to your team area to start cooking!



Once everyone has finished making the dish, divide it into tasting bowls and share with your team.

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within

the next 3 months. I will track this by logging my fruit intake in a journal and using a food scale. I will check my progress weekly and adjust my intake if needed. I will achieve this goal by the end of the 3-month period.