

New Food Label Pages

Chronic Disease Self-Management Program *Leader's Manual*

The FDA has released a new food label, so we have adjusted Session 5 and provided a handout of the new label. Participants use the handout instead of looking at the label in the book during this activity.

The two pages in Session 5 should be printed and replace those pages in the Leader's Manuals.



November 2017

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 240mg 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.

REMEMBER, DO NOT SPEND A LOT OF TIME ON ANY ONE PERSON. AFTER THREE "YES BUTS," GO ON TO THE NEXT PERSON.

Activity 2

20 minutes

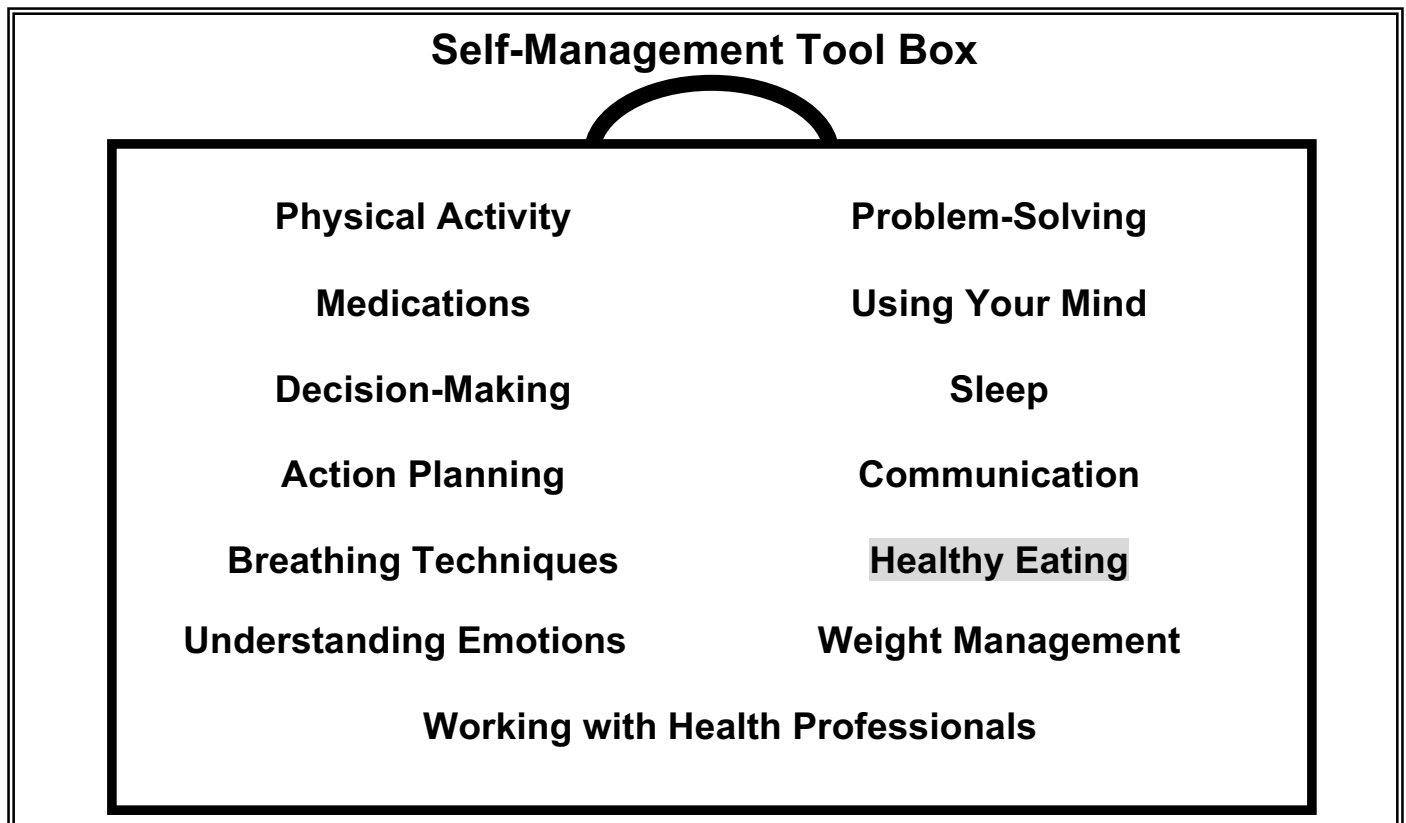
MAKING HEALTHY FOOD CHOICES

Materials

- Chart 2, "Self-Management Tool Box"
- Chart 19, "Healthy Eating Guidelines"
- Food label handout from Appendix I
- 10-15 food labels

1. **Say in your own words, pointing to Healthy Eating on Chart 2:** We are now going to discuss some guidelines for healthy eating. Remember that you may not be able to eat perfectly all the time but most of us can take small steps as we choose what we eat.

Chart 2



2. **Say in your own words:** Here are some basic guidelines to help us make better choices.

Ask: True or False? The best fats are those that are solid at room temperature.



Answer: False. These are the fats that cause your body to make cholesterol.

Ask: People with pre-diabetes or diabetes should have no more than how many grams of carbohydrates per meal?



Answer: 45-60 grams

4. **Instructions to Leaders:** Pass out the food label handout from Appendix I.

Last week, participants were asked to bring from home a food label of something they regularly eat. Ask the group to look at the labels they brought. If anyone forgot, loan them the labels that the Leaders have provided. Leaders should be thoroughly familiar with the label and material in *Living a Healthy Life*, pages 180-181.

5. **Say in your own words:** As we learned, it is important to know how much fat, salt or sodium, cholesterol and carbohydrates we are eating. In packaged foods, this is sometimes very difficult. That is why we have food labels. Please look at the food label handout we passed out.

Ask: How many total carbohydrates does this food have?

Answer: 37 grams



Ask: How much total cholesterol does the food have?

Answer: None



Ask: How much total fat does it have?

Answer: 8 grams



Ask: How much saturated fat?

Answer: 1 gram



6. **Say in your own words:** Now look at the label you brought from home.

Instructions to Leaders: For this part of the exercise ask for volunteers but do not choose the same person more than once. Depending on time, just let a few people report.