

NUTRITION

Talk

Week 3: Out with the old, in with the new

1. **Objective:** The purpose of this week's tabling is to get familiar with the new nutrition food label that will be put into place by 2018, and to also educate students about what to expect from this new food label + why it's important.
2. **Activity:**

For this week's activity, I will have a large printout of the old nutrition label and the new nutrition label. There will be a board in each one of your boxes! Tape the labels onto the board, and give some space in between them. For the people who walk by, ask them if they can spot the major differences between the two food labels!
3. **Key points about the new food label:**
 - a. The "calories" and "servings" signs are larger in the new food label to emphasize customers to pay attention to those numbers. Also there to clarify that there are that many calories in ONE serving rather than the whole package given.
 - b. The serving size requirements will better reflect the amounts of food people actually eat, so the customer will not have an unrealistic overview of how many calories they intake. In addition, there is a "per serving" and "per package" column to reinforce the idea and give consumers a better idea of how many calories there are in total if they were to eat something all in one sitting.
 - c. %DV (daily value) for added sugars in order for the consumer to know how much added sugar there is to a product.
 - d. Updated daily values for sodium, dietary fiber, and vitamin D.
 - e. Since people are not getting enough Vitamin D and potassium, they will have the gram amount as well as the % DV. Vitamins A and C will not be included because deficiencies are rare.
 - f. "Calories from Fat" will be removed because the type of fat that is consumed is more important than how much is consumed.

Don't feel the need to share **ALL** the facts that I just listed (If it's too long, but you are more than welcome to say all of them if you want)! Go off of what the student notices and list a few more!

4. **Prize system:** Prize for whoever comes to the table and participates! ☺

More resources:

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm502182.htm>

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm>

<https://www.washingtonpost.com/news/to-your-health/wp/2016/05/20/heres-a-first-look-at-the-fdas-new-nutrition-label-and-10-reasons-why-its-different-from-the-old/>

