

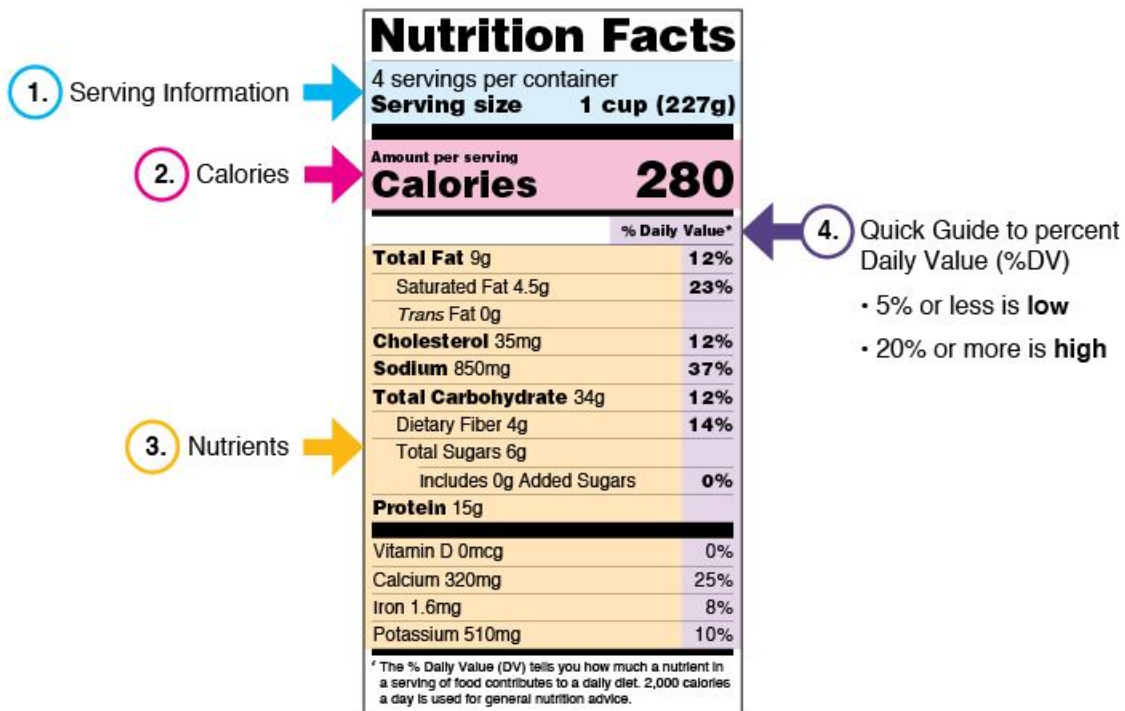
Topic-Nutrition Facts Label

Purpose

The nutrition labels are changing. But, even after all these decades, we have not yet mastered how to use them effectively and efficiently. This activity will help you see a few new tricks as you go shopping the next time. It is important to identify the ingredients that are present in the foods that you choose to eat.

Use the interactive food label and fact sheets to get started. The interactive food label presents “4” quick pieces of information below. The fact sheet organizes all ingredients that are commonly seen in the grocery stores. It is important to be able to recognize the ingredients and what their function is in the product.

Sample Label for Frozen Lasagna



<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Types of Food Ingredients

The following summary lists the types of common food ingredients, why they are used, and some examples of the names that can be found on product labels. Some additives are used for more than one purpose.

Types of Ingredients	What They Do	Examples of Uses	Names Found on Product Labels
Preservatives	Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness	Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables	Ascorbic acid, citric acid, sodium benzoate, calcium propionate, sodium erythorbate, sodium nitrite, calcium sorbate, potassium sorbate, BHA, BHT, EDTA, tocopherols (Vitamin E)
Sweeteners	Add sweetness with or without the extra calories	Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods	Sucrose (sugar), glucose, fructose, sorbitol, mannitol, corn syrup, high fructose corn syrup, saccharin, aspartame, sucralose, acesulfame potassium (acesulfame-K), neotame
Color Additives	Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and "fun" foods	Many processed foods, (candies, snack foods margarine, cheese, soft drinks, jams/jellies, gelatins, pudding and pie fillings)	FD&C Blue Nos. 1 and 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Orange B, Citrus Red No. 2, annatto extract, beta-carotene, grape skin extract, cochineal extract or carmine, paprika oleoresin, caramel color, fruit and vegetable juices, saffron (Note: Exempt color additives are not required to be declared by name on labels but may be declared simply as colorings or color added)
Flavors and Spices	Add specific flavors (natural and synthetic)	Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce	Natural flavoring, artificial flavor, and spices
Flavor Enhancers	Enhance flavors already present in foods (without providing their own separate flavor)	Many processed foods	Monosodium glutamate (MSG), hydrolyzed soy protein, autolyzed yeast extract, disodium guanylate or inosinate

Fat Replacers (and components of formulations used to replace fats)	Provide expected texture and a creamy "mouth-feel" in reduced-fat foods	Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products	Olestra, cellulose gel, carrageenan, polydextrose, modified food starch, microparticulated egg white protein, guar gum, xanthan gum, whey protein concentrate
Nutrients	Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)	Flour, breads, cereals, rice, macaroni, margarine, salt, milk, fruit beverages, energy bars, instant breakfast drinks	Thiamine hydrochloride, riboflavin (Vitamin B ₂), niacin, niacinamide, folate or folic acid, beta carotene, potassium iodide, iron or ferrous sulfate, alpha tocopherols, ascorbic acid, Vitamin D, amino acids (L-tryptophan, L-lysine, L-leucine, L-methionine)
Emulsifiers	Allow smooth mixing of ingredients, prevent separation Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily	Salad dressings, peanut butter, chocolate, margarine, frozen desserts	Soy lecithin, mono- and diglycerides, egg yolks, polysorbates, sorbitan monostearate
Stabilizers and Thickeners, Binders, Texturizers	Produce uniform texture, improve "mouth-feel"	Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces	Gelatin, pectin, guar gum, carrageenan, xanthan gum, whey
pH Control Agents and acidulants	Control acidity and alkalinity, prevent spoilage	Beverages, frozen desserts, chocolate, low acid canned foods, baking powder	Lactic acid, citric acid, ammonium hydroxide, sodium carbonate
Leavening Agents	Promote rising of baked goods	Breads and other baked goods	Baking soda, monocalcium phosphate, calcium carbonate
Anti-caking agents	Keep powdered foods free-flowing, prevent moisture absorption	Salt, baking powder, confectioner's sugar	Calcium silicate, iron ammonium citrate, silicon dioxide
Humectants	Retain moisture	Shredded coconut, marshmallows, soft candies, confections	Glycerin, sorbitol
Yeast Nutrients	Promote growth of yeast	Breads and other baked goods	Calcium sulfate, ammonium phosphate

Dough Strengtheners and Conditioners	Produce more stable dough	Breads and other baked goods	Ammonium sulfate, azodicarbonamide, L-cysteine
Firming Agents	Maintain crispness and firmness	Processed fruits and vegetables	Calcium chloride, calcium lactate
Enzyme Preparations	Modify proteins, polysaccharides and fats	Cheese, dairy products, meat	Enzymes, lactase, papain, rennet, chymosin
Gases	Serve as propellant, aerate, or create carbonation	Oil cooking spray, whipped cream, carbonated beverages	Carbon dioxide, nitrous oxide

<https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets.cfm>

Task #1

Your task is to compile a list of healthy products to boost your immunity in the midst of the Covid-19 pandemic that we all are currently in. Where would you begin? Use this [FDA Interactive website \(Links to an external site.\)](#) in order to start your learning process. This website features 5 key learning areas. They are: What's on the Label; Ingredient List; Glossary; Resources; Fact sheets. Take your time and review each section carefully.

1. Assume that you are trying to find a food item that is high in calcium and, you are in a rush. There are three different food labels for different types of cheese in front of you. Which part of the food label will help you find high calcium food fast at a quick glance?
2. Look at all the [fact sheets \(Links to an external site.\)](#) and carefully reading all the fact sheets will help you answer q#1 correctly. What specific pieces of information did you learn from the fact sheets that you can use? Is any of this new to you?
3. Choose any 2 foods from your pantry and try to identify every ingredient in the foods you chose by using the food ingredient table. Provide the details of the 2 foods you chose to research. Will you continue to eat these foods after you know what is in them? Explain your answer.
4. With the COVID 19 pandemic, many of us have changed our lifestyle for the sake of safety. What have you done differently as far as food choices are concerned? Explain in 5 sentences or less.

Points

Each answer is worth 5 points and you can earn a maximum of 20 points.