

# DOWNLOAD PDF HEALTHY EATING-FAMILY FAVOURITES (HAWTHORN MINI SERIES)

## Chapter 1 : Penny Lye (Author of Healthy Eating-Kids' Snacks and Lunches)

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By hanskaihealthproject Leave a comment Most the food we but in a grocery store has label, but why? Why use the food label? Well food labels give you the nutrition information needed to help you make healthier food choices and compare similar foods. As well, many shoppers use the label to help them select foods with less fat, saturated fat, cholesterol and sodium. Labels help us make healthier food choices can help to improve your overall health. Nutrition information is found in 3 different places on food labels: Reading the ingredient list is useful for anyone, and it is especially important for those with food allergies and those who need to avoid certain ingredients. Ingredients are listed by weight from most to least. The first few ingredients are those in highest amounts. This means that the cereal has more of these ingredients than the rest of the listed ingredients, i. This means that the cereal has more of these ingredients than the rest of the listed ingredients. This would be the better option of the two cereals. You can use the nutrition facts table to: Compare food products more easily Find out the nutritional value of foods Better manage special diets, such as diabetes or low sodium Increase or decrease your intake of a certain nutrient, for example increase fibre and decrease saturated fat Three easy steps to help you read the nutrition facts on a food label Step 1: Look at the serving size The serving size is listed at the top of the nutrition facts table. All information in the table is based on this amount of food. If you eat more or less than the listed serving size, you will be getting more or less of the nutrient amounts listed. The serving size listed does not mean that is how much you have to eat. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food. Use this percentage to compare the nutrient content of different foods. More of these nutrients; Fibre, vitamin A, vitamin C, iron, calcium less of these nutrients: Fat, saturated fat, trans fat, sodium, cholesterol Nutrient content and health claims Always check the Nutrition Facts table when there is a claim on the package. A food may be lower in one nutrient, but higher in another. Nutrient claims are optional but must meet government regulations before appearing on a package. Here are some examples of common nutrient content claims: Health claims describe a link between what you eat and certain diseases. Practice your skills; try out this interactive label reading quiz at:

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*Penny Lye is the author of Healthy Eating-Kids' Snacks and Lunches ( avg rating, 1 rating, 0 reviews, published ), Kid Snacks and Lunches or Kid'.*

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