



# FOOD PRODUCTS

MODULE 5  
Pages 48



# KNOWLEDGE OF FOOD PRODUCTS

## Buying food:

### 1. KNOW WHERE TO BUY

Factors that will influence customers to buy from stores are:

Distance from you

Size of units sold

Times that the shop is open

### 2. CRITERIA WHEN PURCHASING FOOD

PRICE

QUALITY

VARIETY

HYGIENE

LABLES

QUALITY



# KNOWLEDGE OF FOOD PRODUCTS

## Food Labels

- Understanding the Nutrition Facts label on food items can help you make healthier choices. The label breaks down the amount of calories, carbs, fat, fiber, protein, and vitamins per serving of the food, making it easier to compare the nutrition of similar products. Be sure to look at different brands of the same foods—nutrition information can differ a lot. For example, one brand of tomato sauce may have more calories and sugar than another brand for the same serving size.

*Sourced from: <https://www.cdc.gov/diabetes/managing/eat-well/food-labels.html>*



## KNOWLEDGE OF FOOD PRODUCTS

### **Food Labels**

**Required information on food labels:**

- 1. Name and address of manufacturer**
- 2. Instructions for use**
- 3. Net contents**
- 4. Country of origin**
- 5. Batch identification number**
- 6. Use by date**
- 7. Nutrient analysis**



### Nutrition Facts

Serving Size 1/2 cup (27g)  
Servings Per Container about 16

Amount Per Serving	Lucky Charms	with 1/2 cup skim milk
<b>Calories</b>	110	150
Calories from Fat	10	10
<b>% Daily Values**</b>		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 170mg	<b>7%</b>	<b>10%</b>
<b>Potassium</b> 50mg	<b>1%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber 2g	<b>6%</b>	<b>6%</b>
Sugars 10g		
Other Carbohydrate 10g		
<b>Protein</b> 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	50%	50%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	4%	15%
Magnesium	4%	6%
Zinc	25%	30%

\* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 240mg sodium, 200mg potassium, 28g total carbohydrate (16g sugars), and 6g protein.

\*\*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	60g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:** Whole Grain Oats, Marshmallows (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, yellows 586, blue 1, red 40, artificial flavor), Sugar, Oat Flour, Corn Syrup, Corn Starch, Salt, Trisodium Phosphate, Color Added, Natural and Artificial Flavor, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

**Vitamins and Minerals:** Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>5</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), Vitamin A (palmitic), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.

1 DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA 4

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**Exchange:** 1½ Starch  
Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2008 the American Dietetic Association, the American Diabetes Association.

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling. F 3321851110 SSG 3331214110 5

