

# MY Heart IN MY Hands

## Healthy Eating Activity: Label Reading Practice

### Materials:

- 1 - 5 food items from your pantry that have nutrition facts tables

### Instructions:

- If you are expecting a large group, divide the women up into smaller groups.
- Give each group one of the food items.
- Ask the questions and have each group give their answers.

### Questions:

1. What is the serving size on the nutrition facts table?
2. What is the % daily value for sodium in one serving? Is this a little or a lot? (Remember that 5% daily value is a little and 15% daily value is a lot!)
3. Are there saturated and/or trans fats in one serving of this product? What is the % daily value for saturated and trans fats in one serving?
4. What is the % daily value for sugar in one serving? (Heart Mentor, this is a trick question! Currently there is no recommended amount of sugar that we need to eat as part of a healthy diet.) However, the World Health Organization and Heart & Stroke recommend that no more than 10% of your total energy (calories), based on a 2000 calories-a-day diet come from sugar - that is 48g or 12 tsp. Ideally, less than 5% of your total energy should come from sugar - 24g or 6 tsp.
5. What is the % daily value for fibre in one serving? Is this a little or a lot?
6. How many grams of protein are in one serving? Is there a % daily value for protein? (The answer is no. There is no % daily value for protein because most Canadians get enough of this nutrient.)
7. What is the % daily value for vitamin C? Is this a little or a lot?
8. What is the % daily value for iron? Is this a little or a lot?



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Financial support for this campaign was provided by the Government of Newfoundland and Labrador

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