

ACTIVITY 4A

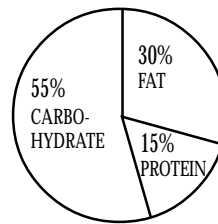
FOOD LABELS: STUDENT HANDOUT

When you go to a gas station you have a choice of which fuel to choose for your car: regular, super unleaded, or premium. When you go the grocery, restaurant, or cafeteria you have a choice of which fuel to choose for your body. Different fuels (*food*) contain different amounts of energy (*calories*). There are also different kinds of energy. The three main types of food energy are carbohydrates, proteins, and fats. Carbohydrates and proteins have 4 calories per gram and fat has 9 calories per gram. On the average Americans eat a diet which is too high in fat. *The Dietary Guidelines* suggest that 55% of a person's calories should come from carbohydrates, 15% from protein, and 30% or less from fat.

Carbohydrates — 4 calories per gram

Protein — 4 calories per gram

Fat — 9 calories per gram



Does all of this sound confusing? Well, under a Federal law passed in 1990 almost all packaged foods must have nutrition labels. The information on these labels can help you make healthful food choices. Let's take a look.