

NUTRITION CLUES

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CLUES THAT YOU CAN USE TO MAKE BETTER CHOICES

- ◉ Nutrition Labels: Can I trust them?
- ◉ Nutrition scores: What do they mean?
- ◉ Dietary Guidelines for Americans: Do these apply to me?

[FDA food label consumer education](#)

U.S. FOOD AND DRUG INFORMATION (FDA)

View the training module on how to interpret nutrition facts labels for healthy weight management.

[NEW video about food label \(You Tube\)](#)

KELLOGG'S NUTRITION AT A GLANCE



[Kellogg nutrition information](#)

COMING SOON TO A STORE NEAR YOU

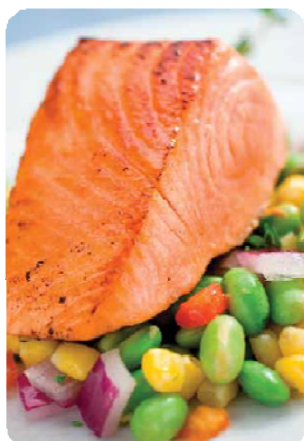


NuVAL - NUTRITION SCORE

④ NuVal Tips for Trading Up

- The NuVal™ System does the nutritional heavy lifting so you don't have to. Developed by an [independent panel of nutrition and medical experts](#), the System helps you see - at a glance - the nutritional value of the food you buy.
- How? The NuVal™ System scores food on a scale of 1-100. The higher the NuVal™ Score, the better the nutrition. It's that simple. Now you can compare overall nutrition the same way you compare price.
- Each NuVal™ Score takes into account more than just the nutrition fact panel. It considers 30-plus nutrients and nutrition factors - the good (protein, calcium, vitamins) and the not-so-good (sugar, sodium, cholesterol). And then it boils it down into a simple, easy-to-use number; a number you can trust to make better decisions about nutrition in just a few seconds.

DIETARY GUIDELINES FOR AMERICANS 2010



MYPYRAMID.GOV



SALT SAVVY

◉ UNL Food Nutrition and Health





**SPENDSMART
EATSMART**

Food Costs, Insights and Strategies

IOWA STATE UNIVERSITY
University Extension

How often do you hear people talking about food prices?

- A. Several times a day
- B. Once a day
- C. Several times a week
- D. Rarely

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POLL #1

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Facts about the cost of food

- ✓ CPI is predicted to increase 3 to 4% in 2011
- ✓ Retailers may pass on costs they have been absorbing
- ✓ Families in the U.S. spend lowest % on food

**Do you know how much
your family spends on food?**

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Low Cost Food Plan

<http://www.extension.iastate.edu/foodsavings/>



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You can save **money** on food by substituting **time**, **planning**, and/or **skill and knowledge**.



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Simple rules to save 15%

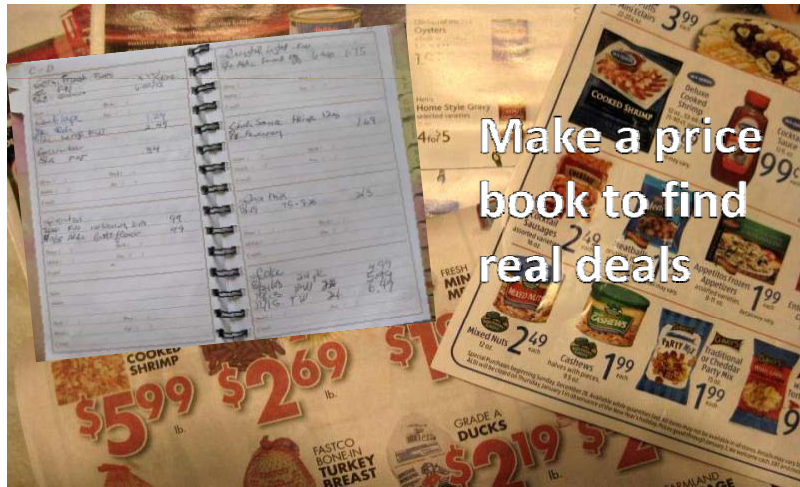
1. Use grocery **store ads**
2. Complete a **menu plan**
3. Write a **grocery list**
4. Use **unit pricing** to select the best buy

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POLL #2

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Use grocery store ads when planning to shop



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Plan menus

5 Day Meal Planning Worksheet

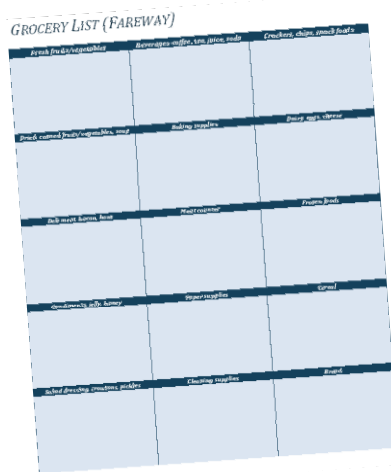
On Hand: _____

Breakfast				
Lunch				
Dinner/Supper				
Snacks				
Have I got?	Bread Cereal Vegetable Fruit Milk Meat Beans	Bread Cereal Vegetable Fruit Milk Meat Beans	Bread Cereal Vegetable Fruit Milk Meat Beans	Bread Cereal Vegetable Fruit Milk Meat Beans



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Make a **grocery list**



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Use **unit pricing** to find the best buy

<p>Unit Price 20¢ per oz.</p>	<p>Total Price \$2.40</p>
 Crackly Rice	<p>12 oz.</p>

- ✓ Which size is the best buy?
- ✓ What brand is the best buy?
- ✓ What form is the best buy (canned, frozen, dried)?
- ✓ How much extra are you paying for packaging?

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Unit Pricing



What is the unit?

What do you divide into what?

(Always divide into the price)

- Items
- Ounces-pounds
- Sheets
- Loads
- Servings
- Cups

\$ cost

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POLL #3-Which is the best buy?



Serving Size: 2 Tbsp
Small jar 16.3 oz.
Servings Per container: 14
COST: \$1.77






Serving Size: 2 Tbsp
Medium Jar-28 oz
Servings Per container: 25
COST: \$2.99



Serving Size: 2 Tbsp
Large jar 40 oz
Servings Per container: 35
COST: \$4.99

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$\$1.77/14 = \$.126$	$\$ 2.99/25 = \$.120$	$\$ 4.99/35 = \$.143$
		
Serving Size: 2 Tbsp Small jar 16.3 oz. Servings Per container: 14 COST: \$1.77	Serving Size: 2 Tbsp Medium Jar-28 oz Servings Per container: 25 COST: \$2.99	Serving Size: 2 Tbsp Large jar 40 oz Servings Per container: 35 COST: \$4.99
SPENDSMART EATSMART		

$\$1.77/14 = \$.126$	$\$ 2.99/25 = \$.120$	$\$ 4.99/35 = \$.143$
		
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Which bag of carrots is the best buy?



1# baby carrots
for \$.99



2# baby carrots
for \$1.89



1# carrots
for \$.68

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Which bag of carrots is the best buy? What is the unit price for the carrots?



1# baby carrots
for \$.99



2# baby carrots
for \$1.89



1# carrots
for \$.68

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**What is the unit price for the carrots?
If you use 1 pound as the unit you can do
this in your head.**



1# baby carrots
for \$.99



2# baby carrots
for \$1.89



1# carrots
for \$.68

SPENDSMART EATSMART

**If you use 1 pound as the unit you can do
this in your head.**

1# baby carrots
for \$.99



\$.99 per # or
.062 per oz

2# baby carrots
for \$1.89



\$.945 per # or
.049 per oz



1# carrots
for \$.68






\$.68 per # or
.043 per oz

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POLL#3 Which is the best buy?

 <p>Serving Size: 3 ounce frozen (½ cup prepared) Servings per container: 4</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$1.39/16 oz</p>	 <p>1 pound yields 3 cups cooked beans</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$1.39/#</p>	 <p>Serving Size: 3 ounce frozen (½ cup prepared) Servings per container: 5</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$2.19/12 oz bag</p>
<p style="color: orange; font-weight: bold; font-size: 1.2em;">SPENDSMART EATSMART</p>		

What is the unit?

<p style="color: orange; font-weight: bold; font-size: 1.2em;">\$1.39/X =</p>  <p>Serving Size: 3 ounce frozen (½ cup prepared) Servings per container: 4</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$1.39/16 oz</p>	<p style="color: orange; font-weight: bold; font-size: 1.2em;">\$1.49/X =</p>  <p>1 pound yields 3 cups cooked beans</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$1.49/#</p>	<p style="color: orange; font-weight: bold; font-size: 1.2em;">\$2.19/X =</p>  <p>Serving Size: 3 ounce frozen (½ cup prepared) Servings per container: 5</p> <p style="color: teal; font-weight: bold; font-size: 1.2em;">\$2.19/12 oz bag</p>
<p style="color: orange; font-weight: bold; font-size: 1.2em;">SPENDSMART EATSMART</p>		

What is the unit?

$\$ 1.39/4 = .348$

$\$1.49/6 = .248$

$\$2.19/5 = .438$



Serving Size: 3 ounce
frozen (½ cup prepared)
Servings per container: 4

1 pound yields 3 cups
cooked beans
(½ cup servings: 6)

Serving Size: 3 ounce
frozen (½ cup prepared)
Servings per container: 5

$\$1.39/16 \text{ oz}$

$\$1.49/\#$

$\$2.19/12 \text{ oz bag}$

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#2

$\$ 1.39/4 = .348$

#1

$\$1.49/6 = .248$

#3

$\$2.19/5 = .438$



Serving Size: 3 ounce
frozen (½ cup prepared)
Servings per container: 4

1 pound yields 3 cups
cooked beans
(½ cup servings: 6)

Serving Size: 3 ounce
frozen (½ cup prepared)
Servings per container: 5

$\$1.39/16 \text{ oz}$

$\$1.49/\#$

$\$2.19/12 \text{ oz bag}$

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Shopping strategies

- ✓ Avoid impulse buys
- ✓ Do not shop when hungry
- ✓ Shop alone if you cannot say “NO” or discuss appropriate choices beforehand
- ✓ Buy paper, cleaning, and personal items at discount stores
- ✓ Shop the perimeter
- ✓ Use coupons with caution



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Where are the bargains?

- ✓ On the **bottom** shelf
- ✓ On the **top** shelf
- ✓ The **end** of the aisle—maybe
- ✓ Two’fers

SALE



\$ALE!



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Where is the waste at your home?

Average family throws out \$600/year

- ✓ Do fresh fruits and vegetables spoil before you eat them?
- ✓ Do leftovers eventually get tossed out?
- ✓ Are partially-used food containers lost in the back of the refrigerator?
- ✓ What can you do differently?

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Put dates on leftovers

Plan how to use leftovers

Try a leftover list

Refrigerator Leftovers		
What	Date	Amount
Hammeals	10/14	1/2 c

Freezer Contents	
Meats, uncooked	Meats, cooked
1# ground beef 10/14	Ham slices 3 serv 11/05
Apple juice 12 oz cont.	Vegetables 2 cups 10/05
	Carb, fried
Dairy	
Mozz cheese 2 cups 10/15	
	Desserts
Freez bread dough 10/15	Beef stew 11/1
	Bananas 11/1
	Pepper butter 11/1



<http://www.youtube.com/watch?v=xssZBdC7kaM>

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www.extension.iastate.edu/foodsavings

The screenshot shows the homepage of the SPENDSMART EATSMART website. At the top, it features the Iowa State University University Extension logo and a search bar. Below the logo are navigation buttons for Home, Plan, Shop, and Eat. A main banner reads "3 Easy Steps to Healthy Meals" and "WANT WEEKLY TIPS? Try the SpendSmart blog". The blog highlights benefits like finding low-cost, healthy meals and sharing tips. To the right, a vertical sidebar lists the three steps: 1. PLAN (Reduce food expenses by planning), 2. SHOP (Tips to find nutritious items), and 3. EAT (Save time & money when eating). Below this, there are sections for "Spend Smart Blog" with a list of topics like "Fresh apples" and "Schools Back in Session", "Recipes" with images of a green smoothie and a salad, and a "Take our Poll" section asking for feedback on the website's redesign.

SPENDSMART EATSMART

A stack of five informational cards from the "Spend Smart, Eat Smart" series. Each card has a green header and provides detailed advice on saving money while eating healthily. The cards are titled: "Milk, Cheese, and Yogurt", "Meat, Poultry, Beans, & Nuts", "Fruit", "Vegetables", and "Bread, Cereal, and Grains". Each card includes a list of tips and a "Spend Smart" section with specific product recommendations and prices. The cards are arranged in a fan-like stack, showing the top of each one.

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POLL #4

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For more information, sign up for our blog

<http://blogs.extension.iastate.edu/foodsavings>

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