

MAKING HEALTHY CHOICES: WEEK 14

Read the label

The Nutrition Facts label and ingredients list found on most packaged food can help you know what is in packaged food and the nutrients that the food contains. Think of the Nutrition Facts label and the ingredients list as a guide to help you make healthier choices for your family and not as a list of rules you have to follow.

What is Serving Size?

The Nutrition Facts label tells you a lot about what's in your food. It can also be used as a tool to compare foods. The "Serving Size" is a specific amount of food. Serving Size has nothing to do with the amount of food recommended for you to eat. The Serving Size can be different for the same type of foods because it is determined by the manufacturer.



Serving Size can be useful only when comparing the nutrient value of two food items that have the same Serving Size. If the Serving Size is different on two items, you won't be able to compare the nutrient values easily.

The "Servings Per Container" tells the amount of servings in that particular package.

Ingredients list

The ingredients list can also be a useful tool. Ingredients (what is in the food) are listed in order by weight. The ingredient that is present in the highest amount is listed first. If the first ingredient listed is sugar (or any of the other names for sugar, such as cane juice, high-fructose corn syrup and others), you are eating mostly sugar. If you are not familiar with any of the ingredients listed, you can contact the manufacturer.



Did you know?

Any other information on food packaging is not a reliable way to figure out if a food item is nutritious and a healthy choice for you and your family. Stick to reading the Nutrition Facts label and learning what ingredients are actually in the food that you're eating.

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Orange-glazed Carrots (serves 6)

1. Bring **1 cup of water** to a boil in a saucepan.
2. Add **6 sliced carrots** and **2 tablespoons chopped onion** (optional) to the boiling water. Cover and continue to boil gently over medium heat until carrots are tender, about 20 minutes.
3. Drain the carrot and onion mixture into a clean bowl. Collect 2 tablespoons of the drained liquid and discard the rest.
4. Add **2 tablespoons frozen orange juice concentrate** and **1 teaspoon of lemon juice** to the saved liquid and stir to make the glaze.
5. Combine the glaze with the carrot and onion in the saucepan and heat until warm then serve.



Recipe adapted from Michigan State University Extension. (2015). *Eating Right is Simple Recipe Set*.

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Find the entire series online at: msue.msu.edu/healthychoices

MSU Extension programming has something to offer every member of your family

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To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

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