

# Nutrition FUNdamentals

## Learning the label lingo

Week 3

## Employer Guide

Food labels are one of the most important tools available when taking a healthy approach to nutrition. Over the next couple of weeks, **Nutrition FUNdamentals** will guide your employees in gaining a better understanding of the ins-and-outs of the Nutrition Facts label.

The information in Week 3 will provide the basics about the Nutrition Facts label, focusing on serving size and servings per container, Percent Daily Value, calories and calories from fat.

### Week 3 handouts

#### Unraveling the food label mystery –

The Nutrition Facts label solves the mystery of what is in the foods you buy.

**Learning the label lingo: Serving size and servings per container** – Serving sizes help you understand how much you're eating.

**Learning the label lingo: Calories and calories from fat** – Too many calories and calories from fat don't have to trip you up.

**Learning the label lingo: Percent Daily Value** – Are you achieving or exceeding the recommended daily allowances for certain nutrients?



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# Steps for success



## Distribute Week 3 handouts

Ask employees to study the Nutrition Facts label, which can be used as an informative, accurate guide to healthier eating and portion control. Encourage them to review serving size, calories, calories from fat and Percent Daily Value.

## Send the portion distortion teaser e-mail to your employees

This communication lets employees test their food label knowledge at [www.cfsan.fda.gov/~dms/flquiz1.html](http://www.cfsan.fda.gov/~dms/flquiz1.html).

## Encourage your employees to visit Blue Access® for Members

The Personal Health Manager's *Ask A Dietitian* feature gives your employees access to a registered dietitian who can provide them with practical guidance about food labels or answers to other nutrition-related questions they may have.

## Learn the lingo

Consider having employees bring in food labels to make comparisons. Post some of them on bulletin boards to serve as a visual reminder about the importance of food labels.

Learning the label lingo will help your employees make wiser and healthier food choices.

