

Nutrition FUNdamentals

Mastering the label lingo

Week 4

Employer Guide

With all the fad diets and media confusion about what we should and shouldn't eat, food labels can provide trusted, easy guidelines for everyday healthy eating. Encourage your employees to make it a habit to keep reading food labels. When they do, they can equip themselves with nutrition planning skills that will foster good health throughout their lives.

This week in **Nutrition FUNdamentals**, your employees will continue to learn about other parts of the Nutrition Facts label: total fat, cholesterol and sodium, protein and carbohydrates.

Week 4 handouts

Mastering the label lingo: Total fat – Learn how to find the total fat in foods you eat.

Mastering the label lingo: Carbohydrates – Track your carb intake.

Mastering the label lingo: Protein – Get the meaty facts about protein.

Mastering the label lingo: Cholesterol and sodium – Look for cholesterol and sodium in food.



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Steps for success



Distribute Week 4 handouts

In addition to the parts of the label they learned last week, ask your employees to focus on dietary fats, cholesterol, carbohydrates and proteins when reviewing Nutrition Facts labels.

Check out Blue Access® for Members

Advocate the numerous wellness tools and resources available through Blue Access for Members, including the Personal Health Manager's *Articles & Recipes* feature. Your employees will discover informative, easy-to-read nutrition articles and a virtual smorgasbord of healthy recipes.

Test your *Label Lingo*

Consider having a *Label Lingo* contest. Ask your employees to bring in food labels that market foods as healthy to consumers. Examples could include:

- A frozen dinner that's marketed as low-fat, in which fat may have been replaced by high sodium or sugar
- Cholesterol-free snack crackers with a high amount of fat
- Oatmeal that promotes removing cholesterol but has numerous grams of sugar

Reward participants

Think about providing giveaways to everyone who participates in the activity and a prize for the person with the best or most food labels. Provide your employees with additional positive encouragement about using the information in the Nutrition Facts label on foods for good nutrition.

Now that your employees have mastered the *Label Lingo*, next week they'll learn about foods to limit for nutrition success.