

Scenario Card 1

Andy has diabetes.

Scenario: Andy needs to control his diet. What foods can Andy eat that are lower in sugar, use low-calorie sweeteners, or are low in carbohydrates? He needs to stay around 1,600 calories a day. About half of those calories should come from carbohydrates, so Andy can have about 200–220 grams of carbohydrates a day.

Use the food labels to help you make a shopping list for Andy.



Did you know? When someone has diabetes, their body doesn't use glucose properly. Glucose is the main source of energy for the body.

Scenario Card 2

Lilly has lactose intolerance.

Scenario: Lilly would love to have a cold glass of milk, but she can't drink milk because she is lactose intolerant. This means that her dairy consumption needs to be limited because dairy products make her tummy upset. She has to avoid all foods that contain these and other ingredients:

lactose	milk solids	butter
milk	nonfat milk solids	cheese
milk powder	cream	whey

Sometimes Lilly gets lucky and finds a product that says "lactose free" on the label. Use the food labels to help you make a shopping list for Lilly.



Did you know? People who have lactose intolerance have trouble digesting lactose, which is found in milk and other dairy foods. Lactose intolerance doesn't mean you are allergic to these foods, but eating them might upset your stomach.

Scenario Card 3

Mr. Brown has high blood pressure.

Scenario: Mr. Brown has high blood pressure. His doctor suggested that he try to reduce the amount of sodium (salt) that he eats every day. Mr. Brown should aim for less than 2,300 milligrams of sodium each day. He has to read food labels to help keep his sodium intake low.

Sometimes Mr. Brown gets lucky and finds a product that says “low sodium” on the label. Use the food labels to help you make a shopping list for Mr. Brown.



Did you know? Blood pressure measures the force of blood pushing against the walls of your blood vessels. A variety of factors contribute to high blood pressure, including being overweight, smoking, lack of exercise, stress, diet, and family history.

Scenario Card 4

Brigitte has a peanut allergy.

Scenario: Brigitte has been diagnosed with a very serious peanut allergy. She has to avoid all foods that contain these ingredients and others that may contain traces of peanuts:

peanuts	nut meat
beer nuts	peanut oil
ground nuts	peanut butter
mixed nuts	peanut flour
nut pieces	

Remember that Brigitte cannot even have a food that was processed in a factory that contained peanuts or else she may have to go to the hospital. Use the food labels to help you make a shopping list for Brigitte.

Did you know? Peanut allergies are the most common food allergy. People with peanut allergies must always know exactly where their food comes from and what the food might have come into contact with. For example, taking peanuts off the top of an ice cream sundae does not make it safe to eat because peanut residues may still be present.

