

CREATING A NUTRITION FACTS LABEL



STUDENT PROCEDURE

Have you ever wondered what nutrients are in a Fruit Smoothie? What, exactly, are you eating? How healthy is that Smoothie?

Watch *5 Healthy Breakfast Smoothies*
www.youtube.com/watch?v=CJN1n3fld_A.

Why do you think it is important to know what nutrients are in a Smoothie you might make?

In this activity, you will create a basic Fruit Smoothie recipe for yourself and a friend, use a Recipe Nutrition Calculator to analyze its ingredients and nutrients, and a web-based label-making tool to create a Nutrition Facts label for one serving of the recipe. The Nutrition Facts label will help you determine if your Smoothie is a healthy choice.



How to Build a Smoothie with the Ingredients Below (1 serving)



1. Choose a base, 1 cup
2. Choose a fruit (fresh or frozen), 1 cup
3. Add an optional sweetener or flavoring, 1/2 tbsp
4. Put all ingredients into a blender.
5. Blend until creamy and smooth.

1. Choose up to three ingredients from the Smoothie Ingredients List.
2. Open the link for the Recipe Nutrition Calculator and write the name of the recipe in the first text box; you can name your Smoothie according to the fruit you choose, e.g., Banana Smoothie, Strawberry Smoothie, etc.) www.verywellfit.com/recipe-nutrition-analyzer-4157076

Sometimes the website provides additional information about some of the ingredients or may present the ingredient differently. The analyzer may tell you to edit an ingredient because it doesn't always recognize it the way it is entered. Some ingredients are listed in a general category first, and then by a subtype, e.g., instead of "coconut water," write "water" and then choose "coconut" for that ingredient. The same is true for tea, milk, and yogurt. [Use the pencil icon to edit.]

SMOOTHIE INGREDIENTS LIST (Approximate yield with these ingredients is 2 cups (16 oz.))

 Base (Liquid portion of smoothie) 1 cup	 Fruit 1 cup	 Sweetener/Flavoring (1/2 Tablespoon)																		
<ul style="list-style-type: none"> • Water • Coconut water • Dairy milk-whole • 2% milk, fat free • Almond beverage • Coconut beverage • Soy beverage • Rice beverage (incl. 17g Added Sugars) • Unsweetened juice, e.g., orange, grape • Green tea • Plain yogurt • Vanilla yogurt (incl. 17g Added Sugars) 	<ul style="list-style-type: none"> • Bananas • Blueberries • Blackberries • Cantaloupe • Cherries • Kiwi • Mango • Papaya • Peaches • Pineapple • Raspberries • Strawberry • Watermelon 	<table border="0"> <thead> <tr> <th></th> <th style="text-align: right;">Added Sugars (on the Label) if included in the recipe</th> </tr> </thead> <tbody> <tr> <td>• Brown sugar</td> <td style="text-align: right;">4g</td> </tr> <tr> <td>• Honey</td> <td style="text-align: right;">9g</td> </tr> <tr> <td>• White sugar</td> <td style="text-align: right;">6g</td> </tr> <tr> <td>• Maple syrup</td> <td style="text-align: right;">6g</td> </tr> <tr> <td>• Nutmeg</td> <td style="text-align: right;">0g</td> </tr> <tr> <td>• Peanut butter</td> <td style="text-align: right;">1g</td> </tr> <tr> <td>• Vanilla extract</td> <td style="text-align: right;">0g</td> </tr> <tr> <td>• Cinnamon</td> <td style="text-align: right;">0g</td> </tr> </tbody> </table>		Added Sugars (on the Label) if included in the recipe	• Brown sugar	4g	• Honey	9g	• White sugar	6g	• Maple syrup	6g	• Nutmeg	0g	• Peanut butter	1g	• Vanilla extract	0g	• Cinnamon	0g
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MODULE 1: INTRODUCING THE NUTRITION FACTS LABEL

CREATING A NUTRITION FACTS LABEL

3. Record your ingredients, their volume, and any added sugars at the top of your worksheet. You can combine fruits in the recipe, as long as the combination adds up to 1 cup of fruit.

4. For the Recipe Analyzer and in Column A: When entering the ingredients into the Analyzer, record “2” for your Number of Servings, since you are making your recipe for two people. Record your Serving Size as 1 cup (or 8 oz).

Repeat this in Column A on your worksheet.

A special note about added sugars: Some sweeteners like honey are considered added sugars when added to a recipe.

5. Click on the Analyze Recipe tab.

6. The label will show the complete breakdown of all of the nutrients per serving. However, this analyzer does not include added sugars or calculate values that follow FDA's Rounding Rules. Record the amounts for each nutrient from the Recipe Analyzer on your worksheet in Column A of your data chart.

7. If your ingredients contain Added Sugars, pay attention to your serving size and how much Added Sugars are in that particular size of the serving. For example, if your ingredients are 1 cup of plain yogurt, 1 cup of fruit, and 1/2 tablespoon of honey, then the total volume of 16 oz will contain 9 gm Added Sugars from the honey.

But if your serving size is half the total volume, then your Added Sugars per 8 oz serving is only 4.5 grams. Record the amount of Added Sugars for one serving on the line for Added Sugars in column A.

8. Enter the amounts, e.g., calories, g, mg, from Column A into the Label-Making Tool at www.onlinelabels.com/tools/nutrition-label-generator. On the website:
- In Step 1, choose the New (2016) format.
 - In Step 2, choose the Standard nutrition label with extra fields for misc. vitamins, Vertical layout.
 - In Step 3, enter the data from column A.
 - For the **Vitamin Data Format**, choose **Units of Measure**.
 - When you are satisfied with the data you have entered, click the **Generate** tab to get your label.
 - Record the information from the generated label on the **Label from the Label-Making Tool** on column B of your worksheet. This Label-Making tool uses proper rounding rules for the macronutrients (except for Added Sugars) shown in the top part of the label, but does not round the micronutrients at the bottom – that's your job!
9. Use the Rounding Rule values for Vitamin D, Calcium, Iron, Potassium, and Added Sugars to revise those values, if needed, and make your final label. Record the final rounded values on the label in Column B on your worksheet.

REVIEW

The Nutrition Facts label is a very useful tool to help you make informed decisions for maintaining a healthy diet.

Knowing the calories and nutrients in a recipe can help you to make smarter and more healthy food decisions.

EXTENSION

Students could do the following activity:

Use a website such as *FoodData Central* - fdc.nal.usda.gov/index.html to research the ingredients in the recipe you used during the previous activity. Enter each recipe ingredient

in the search box to find the nutrients for that ingredient. Total the nutrient information for all of the ingredients in the recipe to see if you get the same information as you did when you used the Nutrition Calculator.