



# FOOD WORKS

## Key Messages

1. Food labels tell us a lot about the food.

- name of the food
- manufacturer
- nutrition information
- ingredients

2. We can use the label to help us choose a healthy diet.

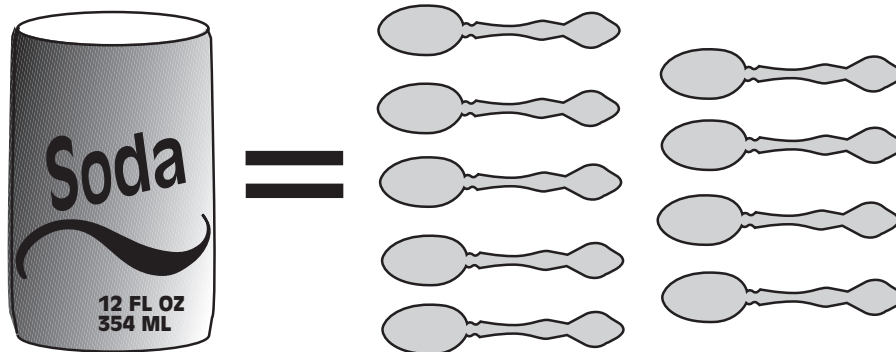
## Food Labels Help You Choose a Healthy Diet

Most people eat more than 100 pounds of sugar each year. Most of that sugar is in snack foods and soft drinks.

Each 12 oz. can of soft drink contains 9-10 teaspoons of sugar.

Sugary foods don't offer much nutrition except calories. They are partly to blame for the increased number of kids who are overweight and for tooth decay.

Information about how much sugar is in a serving of a food is found on the label. The amount will be given in a measurement called grams. One-fourth (1/4) teaspoon of sugar = 1 gram.



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12 oz. can of soda

9-10 teaspoons  
of sugar

# WORDS ON THE LABEL THAT MEAN SUGAR

**corn syrup**  
**fructose**  
**maltose**  
**glucose**  
**manitol**

**molasses**  
**lactose**  
**honey**  
**sucrose**  
**malt syrup**

**dextrose**  
**sorghum**  
**high-fructose corn syrup**

## LABELS

Study the labels below. Answer the questions at the bottom of the page.

### **SILLY SLURP ORANGE DRINK**

Contents: Water, sugar,  
orange flavoring, and  
color

### **THIRST ADE POWDERED DRINK MIX**

Contents: Sucrose,  
glucose, salt, orange  
flavor, coloring

### **Friendly's Orange Juice**

Contents: 100%  
real orange juice

1. Which products have added sugar? \_\_\_\_\_

2. Which product do you think is best for you? \_\_\_\_\_

Why? \_\_\_\_\_

3. What is the difference between a drink and a juice? \_\_\_\_\_

# DON'T BE FOOLED BY FRUIT DRINKS

Just because it looks like a fruit juice does not mean it is.  
The label shows what is in the drink.

- fruit juice is 100 percent real juice
- juice drink is 30 percent or more real fruit juice
- fruit flavored drink is 10 percent or less real fruit juice
- imitation drink or ade has no fruit juice
- artificially flavored fruit soda has no fruit juice

## GO TO THE GROCERY STORE AND LOOK AT DRINK LABELS

- ✓ Check out the labels on a variety of fruit juices and drinks.
- ✓ Compare the labels. What is different? What is the same?

### LOOK AT

- **frozen orange concentrate**
- **orange soda**
- **orange box drink**
- **orange beverage crystals**
- **orange sports drink**



1. Which drink label has sugar as the main ingredient? \_\_\_\_\_

2. Which drink label has the most real juice in it? \_\_\_\_\_

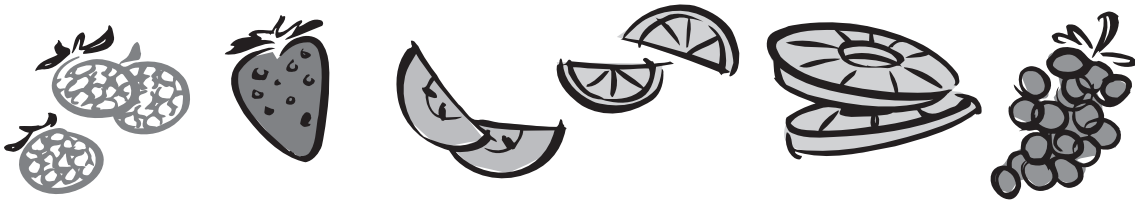
3. Which drink label has the most ingredients? \_\_\_\_\_

What are they? \_\_\_\_\_

4. Which drink is the best for you nutritionally? \_\_\_\_\_

# MAKE YOUR OWN FRUIT DRINK

1. Start with a big glass
2. Fill the glass 1/3 full with ice
3. Add 3/4 cup orange, apple, grape or cranberry juice
4. Add 1/4 cup ginger ale



IF YOU COULD SELL THIS DRINK,  
HOW WOULD YOU WRITE  
THE INGREDIENT LABEL?

Ingredients \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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SP468 5M 1/06(Rep) R12-5310-088-002-06 06-0158

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